

# Dealing with child on parent aggression



FREE online workshop

**This online workshop offers a range of tools to help parents identify what they can do differently in their family to:**

- Manage aggressive behaviour
- Help de-escalate conflict
- Improve communication
- Explore ways to respond when anger is directed at us
- Restore positive/fun times together
- Access further resources and support

**Tuesday 24th January 2023  
10am - 12pm via MS Teams**

**For more information and to book your space on our online workshop, contact Aisha on 07872 507016 or email [Aishab@familylives.org.uk](mailto:Aishab@familylives.org.uk)**

**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

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