

Handling Anger: Your Own and Your Child's



Do you find yourself sometimes yelling at your child? Join presenter Pnina Tobin and Child Care Links to learn:

- how to understand anger
- strategies for safe anger release
- 3 “Angry Rules” and how to teach them to children

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THURSDAY, APRIL 8
6:30-8:30PM

LIVERMORE LIBRARY COMMUNITY ROOM B
1188 SO. LIVERMORE AVE, LIVERMORE

Registration is required for this **free** event.
Please contact Melissa Spann at 925. 249.3917
to register or for more information.

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This workshop is sponsored by the City of Livermore



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