



Parenting Program

H.E.L.P.

Healthy Emotions/Loving Parents

T O O L B O X

Anger Module

This module is designed to help see anger as a part of life, to understand that it can be both negative and positive, and to learn effective ways of dealing with it.

February 11th & 25th

March 3rd & 10th

from 12:30pm-2:30pm

Capreol Library, 9 Morin Street

Childcare and transportation may be available.

For more information and to register,

please call 705-969-4040 ext. 266