

# Anger Management for Parents



**Casa de los Niños**  
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**DATE:**  
Wed. March 21, 2012  
**TIME:**  
10- noon

**To register call**  
**Carol Weigold**  
**at (520)624-**  
**5600 X401 or**  
**email at :**  
[carolw@casadelosninos.org](mailto:carolw@casadelosninos.org)

*Being a parent is a rewarding job! It can also be very demanding. Everyone can learn to manage anger better.*

Find out about:

- ▶ learning your anger warning signs and triggers
- ▶ managing your anger in a healthy way
- ▶ using positive discipline strategies
- ▶ teaching your child anger management

**Class is free! Adults only.**