

# ANGER MANAGEMENT SERIES

## Practical Tools for Parenting with Confidence

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Parenting can be overwhelming. If you sometimes react in ways you later regret, this series offers practical tools to help you pause, respond calmly, and build stronger relationships at home.

This is a safe and confidential space focused on growth — not judgment.



### This series is for parents who:

- Want to feel more in control during stressful moments
- Find it hard to calm down once upset
- Want to communicate without yelling or shutting down
- Are working to strengthen co-parenting relationships
- Have been referred or mandated to attend anger management

### What You'll Gain:

- Learn how to calm down before situations escalate
- Communicate without yelling or shutting down
- Identify triggers and respond more intentionally
- Build healthier patterns with your children

**Thursdays, March 12 – April 30, 2026**

11:00 AM – 1:00 PM

Hostos Children's Center  
Room A-109

Lunch will be served  
MetroCards provided for qualified students

Scan the QR Code to RSVP



For more information, contact Christeen Francis:  
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