



Taming the Anger Tiger

CfC Frankston Community Workshop Series is designed for local parents/carers, sport and recreational groups, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Building Better Brains

This evidenced based workshop will provide information on:

- How to identify the emotional triggers in yourself and your family that lead to anger
- The science and function of emotions like anger as a natural, human response to stress and fear
- Explore coping skills, resourcing and effective communication
- Learn practical tools and techniques to help restore calm and emotional health to your family

Building Better Brains is led by Sian Chambers- Vallance, a clinical play therapist and creative counsellor and Tony Vallance, a counsellor and award winning teacher. For more information on the work of Building Better Brains, visit <https://buildingbetterbrains.com.au/>

DATE: Thursday 6th October

TIME: 7pm - 8.30pm

WHERE: Online via Zoom webinar.

SCAN TO REGISTER for online attendance via zoom:



CFC is funded by the Australian Government, Department of Social Services. See www.dss.gov.au for more information.