

MANAGING ANGER AND STRESS: YOURS AND THEIRS

Join Clinical Psychotherapist Heidi Rogers to unpack the secret to managing anger and stress **BEFORE** they spiral out of control, so you and your children stay calm and make better decisions...

Here's What You'll Learn ...

- The **role of emotional literacy** in regulating our thoughts and behavior.
- How to **identify your emotional triggers and prevent them from activating**.
- What to do when your child gets angry.
- How to **stop yelling**, even if it seems it's 'the only way they'll listen'.
- Strategies for managing **sibling conflict and fighting**.
- How we can **process difficult emotions** and help our children do the same.



HEIDI ROGERS

Heidi is a psychotherapist and counsellor with 17 years experience in mental health counselling and trauma therapy.

Heidi has worked in both the US and Australia and has extensive experience delivering therapeutic services to children and families.

She works in private practice in Melbourne and tours with her tailored talks specialising in children's issues, and their solutions.

Follow Heidi on Instagram
[@heidirogers_](https://www.instagram.com/heidirogers_)

Content Relevant For Children of All Ages

Date: Wednesday 2 December 2020

Time: 8:00pm - 9:30pm (including LIVE Q&A)

Delivery method: Online webinar

Cost: Free!

Registrations: heidilinks.com/anger

Can't make it? No problem!

Register and then watch the replay whenever you're ready!