



Chilliwack  
School District



# ANGER CPR

Gain awareness of the emotional roots to anger, the difference between anger and aggression, and the steps that take us from frustrated to furious or adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, yours, and your child's.



**REGISTER  
NOW**

**JAN 21, 28, FEB 4**

**3 PART SERIES WEDNESDAYS**

**9:30 - 11:30 PM**

*childminding included*

THE NLC at Chilliwack Secondary School  
46363 Yale Rd, Chiilliwack BC

