

Youth Action Diversity Trust Behavioural Support Service - Anger Management -



Feeling angry is part of being human. It is a natural response to being attacked, insulted, deceived, disappointed or frustrated.

It's ok to feel angry (everyone does at times) and anger can be useful when we know how to manage it well. But it can also be frightening. Anger becomes a problem when it harms you or the people around you and can cause depression, anxiety, sleep problems and eating disorders.

If you need help to understand and manage your anger, contact us today!

For more information and to book, please contact:

North Cray Neighbourhood Centre
1 Davis Way Sidcup DA14 5JR

Tel: 020 8308 3862 / Email: yadt@sky.com

Website: www.YouthActionDiversityTrust.co.uk



@YADTBexley



@YADT_2006

Registered Company No. 5905999

Registered Charity No. 1118218



Anger Management Support

Our friendly support service is for young people aged 5 to 17 years and can be delivered as one-to-one support or family support sessions. We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families.

One-to-One Support

The one-to-one support service gives young people the freedom and safety to explore their own anger management on a more personal level. After an initial assessment has been made, regular one-to-one support sessions will take place.

Family Support Sessions

The family support sessions give families the space and opportunity to discuss and resolve anger management issues affecting them in a non-judgemental environment. Together families can work towards finding common ground and develop strategies to reduce family conflicts.

Behavioural Support Service

Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way. We aim to help young people with the difficulties that affect them. These can be a number of issues such as understanding and coping with ADHD and Autistic behaviours, social anxiety, improving confidence, enhancing communication and dealing with stress and loss. The Behavioural Support Service can be delivered as one-to-one behaviour support or as family sessions.

Time Out for Parents: Handling Anger in the Family

YADT are delighted to be able to offer the Care for the Family: Time Out for Parents Courses under our Behavioural Support Service. These courses are run throughout the year and include 'Handling Anger in the Family', please see the separate course leaflet or visit our website for the next available dates: **www.YouthActionDiversityTrust.co.uk**



Head Office: 020 8308 3862 /Email: yadt@sky.com

Facebook: @YADTBexley / Instagram: @YADT_2006

