



HIGHLAND PARK
CONSERVATIVE TEMPLE
Congregation Anshe Emeth

HAVE YOU EVER BEEN ANGRY AT YOUR CHILD?

Of Course NOT!



HOW DOES THE JEWISH TRADITION GUIDE PARENTS IN ANGER MANAGEMENT?

Sunday, December 3

10 AM

with Maurice J. Elias, Ph.D.

Who among us has never lost their temper with their child? Who has never said something in anger that we regretted once it came out of our mouths? We live in times that seem to incite anger and shorten our tempers.

The Jewish Tradition recognizes that anger is something that must be handled with care because it creates special burdens on those around us and those who receive our anger.

Learn how to turn angry Oys to parenting Joys with everyday techniques from both child development research and the Book of Genesis. Ideas from *The Joys and Oys of Parenting: Insight and Wisdom from the Jewish Tradition* will help reduce the anger in your household and limit the sting and hurt from the anger that does occur.

There is no fee to attend, but pre-registration is appreciated.

RSVP online <http://hpct-cae.org/calendar-of-events/> or by calling 732-545-6482



**While you are busy
learning we have some
fun activities planned**

**Just For
KIDS**

There will be Menorah making
for children aged 4-9
and
Chanukah-Themed Story Time