



Finding it
difficult to
manage your
anger?

Anger management program

This workshop provides knowledge and tools to manage anger in a healthy way. In addition, the participants will have the space to reflect on their experiences and develop self-awareness.

Through the modules participants will:

- Define anger and identify factors that influence anger.
- Discover how anger manifests itself and the emotions it may conceal.
- Determine how thoughts, feelings and behaviors are related.
- Learn four ways to communicate and how to be assertive.
- Maintain a healthy life by managing stress properly.

Fee: 600 CAD for 5 modules + two individual sessions online

Approximately 2 weeks

For more information or to register, please contact:

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