

CMHA PRESENTS

## ANGER MANAGEMENT

Starting Sept 28, 2017

Ending Dec 7, 2017

Each Thursday 1:30 to 3:00pm

In the CMHA Classroom

### Facilitated by Christine Toppi and Jennifer Marcotte

Evidence based and Clinically Proven Practices To help with managing anger:

- What is Anger
- Anger Awareness
- Calming techniques
- The shame problem
- Dysfunctional thinking
- Recognizing judgemental and critical reactions
- Assertive communication
- Conflict resolution
- Stress and anxiety management
- Mindfulness
- Practical solutions

**Please see CMHA reception to sign up or call 706 567 9596 ext 4238 and ask for Christine**