

ANGER MANAGEMENT

ONLINE GROUP

This open group will support participants to increase personal insights, explore factors that impact anger in relation to others and promote change in a safe environment.



Mondays: 1:00-2:00 PM



365 Spadina Ave, Evergreen Centre

- Learn to explore triggers and responses
- Develop new skills like emotional regulation and mindfulness strategies
- Practice resolving conflict
- Improve effective communication
- Nurture greater understanding of feelings of anger and it's expressions
- Express your emotions and passion through various art mediums
- Cultivate positive social interactions and practice new relationship skills
- Create anger control plan