

# Anger Management

*Anger is a normal and natural human emotion that, if expressed in unhealthy ways, can result in the loss of jobs, relationships, self respect and even freedom.*

If you are concerned about your *anger* or, if you have experienced any of these losses as a result of your anger, this group might be of interest to you. The group teaches *concrete skills* of anger management and relaxation in order to *recognize* and *deal* with this powerful emotion, as well as communication skills for the *constructive expression of frustration*, anger and other feelings.

- Place:** The Family Centre  
401 - 393 Portage Avenue (Portage Place)  
947-1401
- Start:** 8 consecutive Tuesdays  
April 5<sup>th</sup> to May 24<sup>th</sup>, 2011
- Time:** 6:00 p.m. - 8:00 p.m.
- Cost:** \$50.00 Fee for men who are working  
(Negotiable for men who are not working)
- Facilitator:** Brian Van Wallegghem
- Contact:** Brian Van Wallegghem  
947-1401  
bvwallegghem@familycentre.mb.ca

*Men with outstanding domestic violence charges are not eligible*