

Get Mad, Get Even, or Get a Life

"Everyone deserves the chance to live a life free from the impact of the past"

A group designed to assist us in identifying the "benefits" and consequences of holding onto anger. This program enables us to both complete this past and create a life of our choosing.

Place: The Family Centre
401 - 393 Portage Avenue (Portage Place)
947-1401

Start: 6 consecutive Tuesdays
February 8th to March 15th, 2011

Time: 6:00 - 8:00 p.m.

Cost: \$40.00

Financial assistance available if needed.

Facilitator: Rod Minaker

Contact: Kirsten Firth (Intake worker)
947-1401

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