



Anger Management Group for Women

Monday afternoons from 1:00 – 3:00 pm (8 Sessions)

March 7th, 2011 to May 2nd, 2011

Cost \$40.00

This is a group for women who are committed to developing self-awareness and self-regulation in connection with anger. Topics to be explored include defining anger and its origins, exploring underlying emotions, recognizing and defining situations that trigger anger, creating coping strategies and developing assertive communication skills.

This group is available to women who do not have outstanding charges.

Sessions will be held at The Family Centre of Winnipeg, 401-393 Portage Avenue.

For more information please contact Kirsten Firth or Kate McGinn at

(204) 947-1401 by February 1st, 2011

Limited space. In person intake with facilitators is required.