

Attention!



Triangle Community Resources Inc.

UNDERSTANDING ANGER

101 – 2296 McCallum Road
Abbotsford, BC

Abbotsford: (604) 859-0033
Mission: (604)-814-0052

About the Program

Triangle Community Resources was created in 1998 to provide programming for men and women in the area of personal development and employability Skills. We have used this experience and expertise to create an Anger Workshop that helps to identify self-defeating learned behaviours and provides tools that can be used to find a new way of expressing anger. Knowing how to recognize and express anger appropriately can help us to reach our goals, solve problems, handle emergencies, and protect our health. A failure to recognize and understand one's anger can lead to a variety of personal difficulties.

These **15 Hour workshops** over 5 evenings will include topics such as:

- ◆ Understanding the Anger Cycle
- ◆ Thomas Killmann Inventory
- ◆ Triggers & Signs of Escalation
- ◆ Values & Beliefs about Anger
- ◆ Boundaries and Assertiveness
- ◆ Conflict Resolution
- ◆ Communication skills

Contact Us

Triangle Community Resources Inc.
101 – 2296 McCallum Road
Abbotsford, BC

Abbotsford: (604) 859-0033

Mission: (604)-814-0052

Email: lorraine@triangleresources.com

COST IS \$150.00

Call Now for More Information!