



**CANADIAN MENTAL
HEALTH ASSOCIATION**
**L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**

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Anger Management Sessions for Men



Chronic anger can be costly, both physically and emotionally. Many people can use their anger in appropriate ways in some situations, and yet be ineffectual in others.

In this group, we will explore how anger arises. Participants will learn new skills to relate to anger without harming ourselves or anyone else, and how to reduce anger, especially in provocative situations. They will learn effective coping behaviors to stop escalation and to resolve conflicts. Join us for this exciting exploration.

WHEN: February 2nd, 9th, 16th, and 23rd, this course consists of four, two-hour group sessions, which will meet every Thursday night from 6:00-8:00 pm.

WHERE: Canadian Mental Health Association
6 Ordnance Street
Kingston, Ontario

COST: \$60.00 Limit 6 per group. Accepted on first come basis.

CONTACT: To sign-up or for more information, contact CMHA at (613-549-7027), email us at cmhstaff@kingston.net