



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

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# Anger Management Sessions for Women

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This is a confidential anger management group experience for women who are struggling with their anger. The group will be a supportive, nurturing environment that encourages personal growth and increased understanding of the anger.

**WHEN:** Monday, February, 6<sup>th</sup> 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>. This course consists of four, two-hour group sessions, which will meet every Monday night from 6:00-8:00 pm.

**WHERE:** The 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](mailto:cmhstaff@kingston.net)