

Dealing with Anger Effectively
A 8 week course in anger management
(Men only)

Dates

Thursday 14th September for 6 consecutive weeks until Thursday 2nd November 2017

Time

2.30pm - 4.30pm

Location

The Counselling and Family Centre, 40 Mayors Road, Altrincham, Cheshire, WA15 9RP

Trainer

Victoria Abadi

Families and Addictions Co-ordinator at The Counselling & Family Centre with 20 years' experience of working with Addictions. MBACP counsellor, qualified for 18 years.

Who is the course for?

This course is for anyone who is struggling with dealing with their anger in an effective way.

Aims of course

Following completion of this course you will:

- Understand more about your own anger
- Have learnt about what things make your anger worse
- Have learnt to recognise what causes your anger
- Have learnt to recognise what triggers your anger
- Have explored ways of managing destructive anger
- Have explored the benefits and costs of getting angry
- Have learnt assertiveness skills
- Have learnt more effective ways of communicating
- Have learnt ways to challenge unhelpful thoughts and introduce new positive ways of thinking

COST

£10 for the course – free if on means-tested benefits

For further information or to book the course please call: 0161 941 7754 or email:
training@thecfc.org.uk