

Training and  
Development

## DEALING WITH ANGER MORE EFFECTIVELY - an 8 week course in anger management -

(Men only)

### Who is the course for?

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

**Time:**  
12:45pm  
to  
2:45pm

### 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

### Date:

Every Thursday  
from  
20th September  
until  
8<sup>th</sup> November  
2018

### Trainer

Victoria Abadi.

Families and Addiction Co-ordinator at The Counselling and Family Centre with 26 years experience of working with addictions. MBACP counsellor, qualified for 21 years and is FDAP Certified (Federation of Alcohol and Drug Practitioners).

### Location:

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

### Cost:

£60  
(£10 MTB)

For further information or to book the course please call: 0161 941 7754 or email:  
[sarah.barker@thecfc.org.uk](mailto:sarah.barker@thecfc.org.uk)