

## Who Should Attend

*Dealing with the complexities of life can often cause frustration and stress which can lead to feelings of anger. Our Anger Management Program is designed for individuals who have found that anger has created difficulties for them in the area of employment, family relationships and/or social situations.*

## Short & Long Term Benefits

- o *improve relationships with family, friends & colleagues*
- o *experience life with more joy*
- o *become more self aware as you take a refreshing new look at yourself*
- o *be reminded of things you already knew but had forgotten*
- o *understand how to orientate yourself towards personal growth & healing*

# Helping You Manage Anger Effectively

### **COST**

*\$40 (non-refundable)  
for 7 weeks*

### **WHEN**

*Mondays 6:30 to 9 pm*

### **WHERE**

*The Salvation Army  
Northridge Community Church  
15338 Leslie Street, Aurora*

### **FOR MORE INFO**

*905 895 6276  
info@northridgesa.com*

*The Salvation Army is a Christian, faith based organisation. Our Anger Management Program is founded on proven clinical psychotherapeutic modalities of mood and behavioural modification, informed by supporting Biblical principles presented throughout the training. This approach reflects our belief in a holistic bio-psycho-social-spiritual model of recovery and health.*

# ANGER MANAGEMENT

*A support group for  
those who struggle to cope  
with anger and rage*



# FRUSTRATED AND NOT COPING?

## What Is Anger?

Anger is a normal feeling we all experience – an instinctive response to feeling threatened. When we become angry, our bodies adapt to meet the threat – tense muscles, pounding heart, etc. Words you may use to describe your anger include irritated, frustrated, annoyed, indignant, outraged, resentful, mad, wound up or furious. Anger is often a sign something isn't right. It can let you know you're being hurt, physically or emotionally. It can tell you your needs aren't being met or that something is unjust. Anger is simply an emotion, in itself neither good nor bad – it's what you do with it that counts.

## Managing Anger

Anger can have unwanted side effects, leading to conflict in relationships, difficulties with the authorities, health problems and poor work performance. It's also connected with aggression and violence. While anger is an emotion, aggression is an action intended to cause injury, harm or damage.

An individual proficient in managing his or her anger is much more likely to hold

down a job and experience satisfying personal relationships and a higher quality of life. Anger is an extremely important emotion that, when channeled properly, can be of tremendous benefit.

It's inevitable to encounter situations in which we experience feelings of anger and frustration. It's how we handle such situations that often determines how we're perceived by others.

## What Will You Learn?

- to understand anger and identify triggers
- what anger management means
- to recognise unmet needs
- to differentiate between feelings and thoughts
- ways to regulate your emotions
- to understand your thought patterns
- mental filters
- problem solving
- assertive communication
- conflict strategies
- steps toward forgiveness
- relapse prevention

The 7 sessions involve discussions, teaching and activities. There is homework, a final evaluation and a certificate indicating successful completion of the course.

## Personal Application

Name

Gender

Address

Cell Phone

Home Phone

Email

Birthdate

I understand that my application will require an intake interview which may result in my being ineligible to take this course. I agree to attend all classes, take active part in discussions, do work assignments and pay in full. I understand that my missing any class or portion of class due to lateness or absence may forfeit my ability to complete the course. In this event, it is my responsibility to discuss the matter with my instructor as he/she will be

Signature

Date

**PLEASE MAKE YOUR CHEQUE PAYABLE TO**  
The Salvation Army  
Northridge Community Church  
15338 Leslie Street, PO Box 356  
Aurora ON L4G 7C4