

# Demystifying Anger Group For Women

## 10 Session Psycho-Educational Group

### Program Objectives

**Please Note:** To be part of this group there cannot be any criminal charges pending.

This is a 10 week group program for women and people with lived experience as women who want to examine their anger issues and learn more effective ways to deal with their anger. The main goal of the group is to help women understand and access healthy anger, and move away from toxic expressions of anger that may be damaging to their relationships and self-worth.

#### **Group members will gain knowledge and skills to:**

- How women are socialized around anger and the unique attributes of women's anger
- How trauma and negative life experiences can influence how anger is expressed
- Learn techniques to manage anger more effectively
- Tune into their escalation and source of their anger
- Uncover the other emotions that tend to be masked by anger
- Distinguish between assertive/aggressive and passive behaviours
- Develop better self-care

**About the group:** The group is interactive and includes group discussions, homework, and self-reflection. At the end of the group, participants will have gained more awareness into their relationship with anger and feel more confident in expressing and managing their anger.

**Why would we hang onto anger?** Sometimes anger is a reaction and it can cover up the original feeling. For example, if you feel hurt by someone, it may seem easier to feel angry than hurt. But unless you feel the underlying hurt, the anger will never go away.

**When to get help:** Sometimes it's important to get help with anger. If you are angry a lot, or tend to overreact to situations, discussing the underlying causes of anger with peers can help. And certainly if your anger is interfering with your relationships, work or health we can show you ways to live differently.

The next group will be offered on Wednesdays from 10:00 A.M. to 12:00 P.M. from September 27 to November 29, 2023. The group will be held in person.

The fee is \$30.00 per session and there are subsidies available when needed. This can be discussed with your group facilitator.