

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 an 10 week group program for women who want to examine their anger issues and learn more effective ways to deal with their anger. We will focus on how women are socialized around anger, where they learned to "Do Anger", what they experienced re: anger in their family of origin and what the impact of their anger has been in their lives.

Group Members will gain knowledge and skills to:

- Learn techniques to manage anger more effectively
- Tune into the 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

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 allow yourself to 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.

These groups are presently held online during the day on Tuesdays.

The next group will be offered on Tuesdays from 1:00 to 3:00 P.M. from February 27th to April 30th, 2024.

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