



ANGER MANAGEMENT

7 SESSIONS TO IDENTIFY TRIGGERS AND MANAGE ANGRY FEELINGS

Women's Group: February 10 – March 23, 2016 (every Wed), 1:00 – 3:00 pm

Men's Group: February 11 – March 24, 2016 (every Thur), 1:00 – 3:00 pm

Location: The Salvation Army Belkin House, 555 Homer St, Vancouver

Fee: \$50 (sponsorship may be available)

Enquiry: Joseph / Ming (604) 872-7676

Registration: An intake interview is required. Please call to book an appointment.

Co-sponsored by

The Salvation Army Belkin House and The Salvation Army Vancouver Community & Family Services