



# ANGER MANAGEMENT

**7 SESSIONS TO IDENTIFY TRIGGERS AND MANAGE ANGRY FEELINGS**

**Women's Group:** Oct 5 – Nov 16, 2016 (every Wed), 1:00 – 3:00 pm

**Men's Group:** Sep 29 – Nov 10, 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**