

# Anger Management

*Anger is a normal and natural human emotion that, if expressed in unhealthy ways, can result in the loss of jobs, relationships, self respect and even freedom.*

If you are concerned about your **anger** or, if you have experienced any of these losses as a result of your anger, this group might be of interest to you. The group teaches **concrete skills** of anger management and relaxation in order to **recognize** and **deal** with this powerful emotion, as well as communication skills for the **constructive expression of frustration**, anger and other feelings.

- Place:** The Family Centre  
401 - 393 Portage Avenue (Portage Place)  
947-1401
- Start:** 8 consecutive Wednesdays  
April 4 – May 23, 2012
- Time:** 6:00 - 8:00 p.m.
- Cost:** \$60.00 Fee for men who are working  
(Negotiable for men who are not working)
- Facilitator:** Brian Van Wallegghem
- Contact:** Brian Van Wallegghem  
947-1401  
bjvanwallegghem@familycentre.mb.ca

*Men with outstanding domestic violence charges are not eligible*