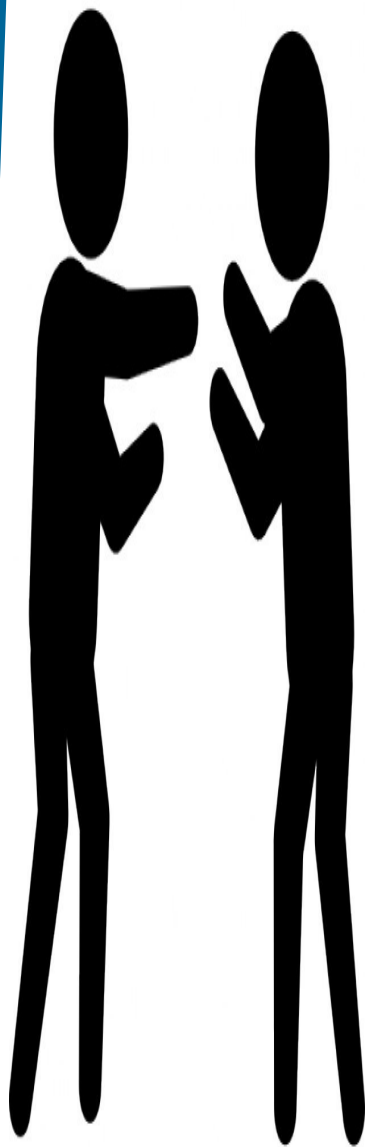


CHOICES in Anger



Session 1
Anger, Aggression & Triggers

Session 2
Violence & Aggression, Fear & Respect, Self-Defense

Session 3
Physical Cues, Coping Skills, The Reaction Wheel

Session 4
Communication Styles

Session 5
Perceptions & Beliefs, Empathy,

Session 6
Problem Solving, Decision Making & Negotiation

Session 7
Substance Use & Thinking Errors

Session 8
Personal Plan & The impact of a Youth Record

This program is a cognitive-behavior based program delivered in 8 sessions, 90 minutes in length.

The goal of the program is for youth to recognize their anger, identify triggers, learn to communicate more effectively & make better decisions in the future.

Delivery methods include: group discussions, written exercises, movie clips, role plays, and skills practicing.

SESSIONS HAVE GONE VIRTUAL!

Interested participants are strongly encouraged to have a device with Audio & Video capabilities

JohnHoward
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