

WHO QUALIFIES FOR MINDSET?

- Anyone 18 years and older
- Interpreters available

STRUCTURE

- Weekly groups
- Sessions are 2 hours in length
- Individual and group activities
- Engaging take-home assignments
- One on ones available

PROGRAM COSTS

Please contact us for information on program fees.



CONTACT US

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MINDSET

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TOPICS DISCUSSED

- WHAT IS ANGER
- ANGER STYLES
- UNHELPFUL THINKING PATTERNS AND BELIEFS
- EXAMINING OUR THOUGHTS, BELIEFS AND BEHAVIOURS AND WHAT THEIR CONSEQUENCES HAVE BEEN
- REFRAMING OUR THOUGHTS AND BELIEFS
- LEARNING OUR OWN PERSONAL TRIGGERS FOR ANGER
- HEALTHY COPING TECHNIQUES FOR DEALING WITH OUR ANGER
- EFFECTIVE COMMUNICATION
- EFFECTIVE PROBLEM SOLVING

WHAT IS MINDSET?

Mindset utilizes techniques based on Cognitive Behavioural Therapy (CBT) to increase your capacity to better understand and manage your anger and emotional responses in a more constructive and positive manner.

HOW CAN I BENEFIT?

This program can improve your self-regulation and self-management skills to help reduce the intensity, frequency and duration of your anger and subsequently, help support the end of any patterns of aggression.