



Cascadia Counselling Clinic

Counselling & Facilitation Services

Third Floor, 755 Queens Avenue, Victoria, British Columbia. V8T 1M2
Phone: (250) 216-1569 Web: www.cascadiaclinic.com E: info@cascadiaclinic.com

ANGER MANAGEMENT FOR WOMEN

Proven techniques for anger management and violence prevention

...Designed for Women...

- **Experienced, Master's Level, Registered Therapists**
- **Individual or Group Setting**
- **Effective, Easy to Follow Material**
- **Based on "What Works" Research**

All sessions involve discussion, participatory exercises and practice around the following topics:

- Nature of anger and the anger cycle
- Determining your own anger profile (personal triggers, responses, results)
- Thinking your way in and out of anger
- Anger management strategies (cognitive, behavioural, and emotional)
- Anger in relationships
- Developing an anger management plan

2006 Dates: **Level 1 Begins** **February 16, June 15, October 5**
 Level II Begins: **negotiated within Level 1 Groups**

Place: Third Floor, 755 Queens Avenue, Victoria BC

Cost: \$250.00 per person (GST included)

Facilitator: Cheryl Adams, MEd. RCC

Call 216-1569 for more information or visit our website at www.cascadiaclinic.com