

# Whole Life Counselling

## Anger Management Workshop

This interactive workshop teaches you an effective approach to direct your anger constructively and stop the damage to your personal and professional life as a result of uncontrolled anger.

### Topics:

- Introduction to Anger Management
- Anger as an emotion
- Anger as a Physiological Response
- Anger as a thought Process
- Anger Management through Interpersonal Training.

Program Format:

2-hours per week for six weeks

Cost:

\$240.00 per person

To Register:

By phone: (604) 592-3131

By cell: (604) 992 7220

Certificate Provided.

Letter upon request

**Thursdays: 7:00 PM. to 9:00 PM.**

**Continuous Intake**

### **Rypkema Counselling and Mediation Services**

#100 – 8459 160<sup>th</sup> Street, Surrey, BC Phone: (604) 592-3131

At the corner of Fraser Highway and 160<sup>th</sup> Street