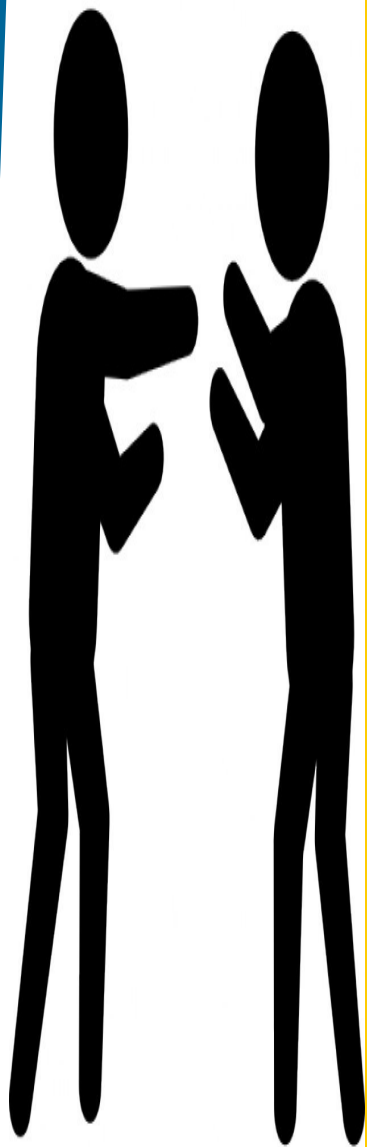


# CHOICES in Anger



**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**

SOCIETY OF HAMILTON, BURLINGTON & AREA

654 Barton St. E  
Hamilton ON  
L8L 3A2

For further information please contact:  
Abby Flinders

Phone: 905-522-4446 x 250

Text: 519-865-9482

Email: [aflinders@jhshamilton.on.ca](mailto:aflinders@jhshamilton.on.ca)

Fax: 905-524-2223