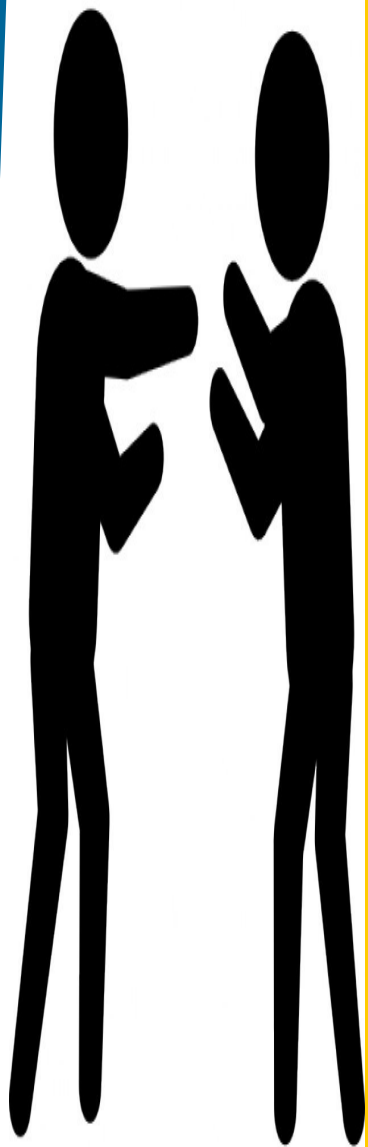


CHOICES in Anger



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, 50 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.



JohnHoward

SOCIETY OF HAMILTON, BURLINGTON & AREA

654 Barton St. E
Hamilton ON
L8L 3A2

For further information please contact:

Julia Danesi
Phone: 905-522-4446 x 226
Fax: 905-524-2223
jdanesi@jhshamilton.on.ca