

CHOICES in ANGER



Hamilton,
Burlington & Area

This program is a cognitive-behavior based program delivered in 8 sessions, 60 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.

Topics Include

Anger, Aggression & Triggers
Violence & Aggression, Fear & Respect, Self-Defense
Physical Cues, Coping Skills,
Communication Styles
Perceptions & Beliefs, Empathy,
Problem Solving, Decision Making & Negotiation
Substance Use & Thinking Errors
The impact of a Youth Record



**We are located
at
654 Barton St. E
Hamilton, ON**

For further information, or to book a screening, please contact:

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