DYNAMICS OF ANGER

Workshop

Facilitated by Myrna Friedenberg, MSW, RSW, EAP Counselor

Anger is an emotion like any other that is healthy and useful however it is very often misunderstood.

This workshop will examine the two most helpful ways to understand anger:

- The way individual perceptions affect our interpretations
- How our learned experiences in our own family influence our expression of anger

Participants will be exposed to alternative, healthy expressions of anger as well as skill building and de-escalating techniques.

LOCATION: Riverview Health Centre
1 Morley Ave
Thomas Sill Auditorium

DATE: Tuesday, October 29th, 2013

TIME: 1:00 to 4:00 pm

To Register Contact:

Employee Assistance Centre
(204) 786-8880