

**Dealing with Anger Effectively**  
**A 8 week course in anger management**  
**(Men only)**

**Dates**

Thursday 14<sup>th</sup> September for 8 consecutive weeks until Thursday 2nd November 2017

**Time**

2.30pm - 4.30pm

**Location**

The Counselling and Family Centre, 40 Mayors Road, Altrincham, Cheshire, WA15 9RP

**Trainer**

Victoria Abadi

Families and Addictions Co-ordinator at The Counselling & Family Centre with 20 years' experience of working with Addictions. MBACP counsellor, qualified for 18 years.

**Who is the course for?**

This course is for anyone who is struggling with dealing with their anger in an effective way.

**Aims of course**

Following completion of this course you will:

- Understand more about your own anger
- Have learnt about what things make your anger worse
- Have learnt to recognise what causes your anger
- Have learnt to recognise what triggers your anger
- Have explored ways of managing destructive anger
- Have explored the benefits and costs of getting angry
- Have learnt assertiveness skills
- Have learnt more effective ways of communicating
- Have learnt ways to challenge unhelpful thoughts and introduce new positive ways of thinking

**COST**

**£10 for the course** – free if on means-tested benefits

For further information or to book the course please call: 0161 941 7754 or email:  
[training@thecfc.org.uk](mailto:training@thecfc.org.uk)