

**"Anger is an emotion,  
aggression is a behavior"**



## **THE ANGER MANAGEMENT PROGRAM OFFERS**

*Recognize your body's signals that you are becoming angry.*

*Gain awareness of negative self-talk and how to restructure your thinking patterns.*

*Communicate your feelings, wants and needs respectfully in order to improve your relationships.*



Building Healthy Families

since 1988

To preserve, stabilize, and strengthen families in our community through education, training and support.

1390 K.L.O. Road  
Kelowna, BC  
V1W 3P6

phone - 250 861 4933  
fax - 250 861 4956  
email - info@bhfam.net

[www.buildinghealthyfamilies.ca](http://www.buildinghealthyfamilies.ca)

Funding for our programs provided by  
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United Way, and a Private Donor.



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**ANGER MANAGEMENT PROGRAM**



# ABOUT

The ANGER MANAGEMENT program offers a supportive and non-judgmental group environment to assist in addressing anger and its effect on our lives.

**10 weeks**

Thursday afternoons  
1:00-3:30 pm

at Building Healthy Families  
1390 K.L.O. Road  
Kelowna, BC

Cost: FREE

For more information  
call our office at  
250-861-4933

# TOPICS

- Anger and the brain
- Anger awareness
- Dysfunctional thinking
- Assertive communication
- Stress and anxiety management
- Calming techniques



# REFERRALS

Referrals for our services are accepted from Ministry of Children and Family Development, Public Health, community agencies, family and friends, or self.



*"People who fly into a rage always  
make a bad landing"*

*Will Rogers*