

# WHAT OTHERS ARE SAYING

*"I really enjoy this time with my daughter,  
it has helped with our attachment."*

*"Just being in an atmosphere where you  
know you are not alone."*

*"I learned to recognize my triggers and  
when I am becoming angry."*

*"I find that I am able to understand and  
cope with my anger and deal with it better."*

*"This helped a lot with my dad and I, we are  
getting along better and communicating  
positively."*

*"I think The Zone changed our family."*



Building Healthy Families  
since 1988

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

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

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

THE ZONE PROGRAM



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# ABOUT

THE ZONE Program is designed to help families with children and youth ages 10-16 reduce anger and conflict and begin to build healthy relationships.

**8 weeks**

Thursday evenings  
6:00 - 8:00 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

- Personal awareness
- What triggers my anger
- Understand what anger is
- The effect of choices & decisions
- What happens physically & mentally when I am angry
- Conflict style
- How to decrease my reaction to other people's anger
- Communication strategies



# REFERRALS

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

