

Managing My Mad Moments

Anger Education Group For 7-10 year olds

Running for five consecutive Saturday mornings from 10:00-11:30 a.m., starting January 14, 2012. Space is limited. The group will be led by Brenda DeVries, MA, RCC.

Session 1 Battling Bugs
Session 2 Corrective Detectives
Session 3 Stop or Pop
Session 4 Managing Me
Session 5 Stinkin' Thinkin'

The purpose of this group is to help children understand that although everyone feels angry from time to time, we can work towards responding to our anger in constructive ways.

Group Goals:

- To identify anger-producing situations
 - To recognize anger-warning clues
 - To learn calming strategies
- To challenge unhelpful thinking patterns
- To explore positive ways to solve problems



Fee:

Early bird registration: \$195 + HST (Equivalent of \$44/1.5 hr session)

Standard registration: \$265 + HST (Equivalent of \$60/1.5 hr session)

(Please note that the *non-refundable* early bird registration must be made by *December 21, 2011*.)



**BROOKSWOOD
COUNSELLING**

107-20103 40TH AVE. LANGLEY, B.C. V3A 2W3
778 278 3411 BROOKSWOODCOUNSELLING.COM

To register or for more information:

Contact Tina at
Brookwood Counselling
778-278-3411