

WAYS
Western Area Youth Services

ANGER AWARENESS GROUP

Anger Awareness

The purpose of the group is to assist youth to learn more about the thoughts, feelings & action connection, to examine ineffective anger responses, to practice and learn more productive ways to cope with anger and to become more skillful in relating to others.

Criteria/Selection Process:

- youth must be willing to make a commitment to these dates
- 14 to 17 year old males and females
- youth must be willing to work towards positive change
- participation in the group is voluntary

When:

Please call for details: 432-2209 x3611

Where:

372 Maitland Street, London (in the annex at the back of the house)

To make a referral:

Contact the Crisis-Intake Team at 519-433-0334
(Please leave a voice mail if there is no answer)

Please Note: Bus tickets are provided when needed

FOR MORE INFORMATION,
CALL THE COMMUNITY TEAM
AT 432-2209 x3611

