

# Smooth Sailing: Anger Management Workshop for Adults

Anger tells a story about the kind of relationship we have with our body feelings, emotions, and thoughts, as we react to events. The specific relationship we have with anger is not a one-size-fits-all kind of story. For most of us, changing our anger story often feels like we will have to surrender more than just our personal values, it may even cost us our identity. Understanding your anger story and the relationship you have with your inner experiences will continue to influence the way that you engage with suffering and invite change.

This eight-week course is arranged to improve insight and unravel the complicated relationships we have with anger. Using Attachment, Mindfulness, and Cognitive Behavioural Approaches, this workshop will inspire you to develop solutions for anger through practice and insight.

#### Outline:

- Week 1: History and the Sociobiology of Anger
- Week 2: Anger Styles, Values and Self-Awareness
- Week 3: Attachment Theory and Parts
- Week 4: Processing Anger Memory
- Week 5: Releasing Anger through Self-Compassion & Stress Reduction
- Week 6: Communicating & Listening Differently
- Week 7: Having a Different Relationship with Anger
- Week 8: Putting the Story Together & Evaluation

Facilitator: Rob Plese M.A.

Please Note: There are no refunds or discounts for days not attended.

**WE HAVE LIMITED SPACE  
SO PLEASE REGISTER EARLY**



## DATE

Wednesdays, Feb. 5, 12,  
19, 26, Mar. 4, 11, 18, &  
25

## TIME

5:00pm – 7:00pm

## COST

\$250 for 8 weeks

## WHERE

228 Hamel Avenue

## REGISTER

Email

[training@aulneau.com](mailto:training@aulneau.com)

We will send an invoice out once we receive your email. Payment must be made to complete registration

## QUESTIONS?

EMAIL

[training@aulneau.com](mailto:training@aulneau.com)

CALL:

204-987-7090