



Target population:
adults 18 and over.



Giving Hope Today

**FOR MORE
INFORMATION
PLEASE
CONTACT:**

Community & Family Services
184 Colborne St. N
Simcoe, ON N3Y 3V3
519-426-3640/226-567-0255
famserv.simcoe@eastlink.ca
www.salvationarmysimcoe.ca



Giving Hope Today

CONFLICT AND ANGER MANAGEMENT



Community & Family Services
Simcoe



CONFLICT

RESOLUTION

OUR GOAL

To teach participants the skills to manage and resolve conflict and anger in healthy and constructive ways.

Program cost: \$100

- \$20 as a non-refundable intake fee (payment plans available for remaining \$80)
- Includes course manual, participant workbook and certificate upon completion

COURSE OUTLINE

- Basic Understanding of Anger
- How Emotional Anger Works
- Anger Funnel
- Anger Styles
- R.E.T.H.I.N.K. Skills
- R.E.B.T. (Rational Emotive Behaviour Therapy)
- Irrational Thinking
- Rules for Rational Thinking
- Domestic Violence
- Violence Wheel/Cycles
- Communication Skills
- Resolving Conflict