



# KEEP LEARNING

## Anger Management

**Dates:** Tuesday 24 October  
Tuesday 19 December

**Times:** 10am-12pm

**Location:** Online



This workshop helps people to understand the cycle of anger and when certain types of anger become problematic.

During this workshop you will identify the causes of anger, the effects of anger on your health and your relationships and most importantly a variety of coping strategies to deal with anger. We help promote the use of self-awareness and self-reflection to aid anger management. Sometimes the simplest coping strategies are the most effective!

The workshop also promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of the thoughts and patterns that surround anger.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

