

**WAYS**  
**Western Area Youth Services**

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**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:**

Wednesday's from 4:30 pm – 5:45 pm  
October 6<sup>th</sup> through to November 24<sup>th</sup>, 2010

Pre-screening interviews will be Wednesday September 29, 2010 – group leaders will call to book this 15 minute interview

**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 Ext. 3611

