


Peaceful Waters

Anger Management Christian-based Groupwork for Mothers

Don't let anger take over. Come journey towards understanding this anger and being able to do something about it.

A four-session Christian-based groupwork for mothers that explores what makes anger boil over for you.

- The triggers of anger and escalation process of anger
- The different types of anger and its origins
- Techniques to control the intensity of anger
- Exploring unmet expectations and needs
- Assertiveness, boundaries and meeting my emotional needs
- Letting go and forgiveness processes



Tired of being seen as the “wicked witch of the east” each time your kids act out?

Programme Details

Dates:

July 8, 15, 22 and 29, 2009 (Wednesdays)

Time: 9.30am to 11.30am

Venue:

Morning Star Community Services
Sengkang Centre
Blk 261B Sengkang East Way, #01-400

Cost: \$60.00

Maximum group size: 12 participants

For enquiries, please call Sharon at 6315 8812 or email to programs@morningstar.org.sg