

Registration Form (Peaceful Waters)

Ms. _____

Tel: _____ (H)

_____ (O)

_____ (HP)

Email: _____

Address: _____

Age(s) of children: _____

Please make cheque payable to Morning Star Community Services and enclose with completed registration form to : *Morning Star Community Services, Blk 261B #01-400 Sengkang East Way Singapore 542261*

Registration will only be confirmed upon payment.

For official use: Cash Cheque

Bank/Chq no: _____

Amount : _____

Receipt no: _____

Hougang Centre



4 Lorong Low Koon, Singapore 536450.
Tel: 6285 1377

Sengkang Centre



Blk 261B Sengkang East Way, #01-400
Singapore 542261.
Tel: 6315 8812

www.morningstar.org.sg



Connecting Families, Growing in Community



Peaceful Waters

**Anger Management
Christian-based
Groupwork for Mothers**

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



Don't let anger take over. There are reasons why the anger is so intense and so burning hot. Come journey towards understanding this anger and being able to do something about it.

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

Programme Details

Dates:

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

Time: 9.30 to 11.30am

Venue:

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

Cost: \$60

Maximum group size: 12 participants

Peaceful Waters Anger Management Groupwork

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