

Continued from Previous Panel.

Understanding and insight follow this close attention. Constant attention brings our anger into the light and this “knife of attention” can result in change in the person.

Example: The understanding and insights related to the role of conditioning in our lives and how that conditioning plays on one’s thoughts and feelings, can lead to an understanding of us and others, and to a positive change in us and those who interact with us.

Please Note: This two-part approach is demanding and will not produce results unless a participant is willing to work at it.

The group is confidential. There is a strong emphasis on confidentiality and keeping personal information within the group.



If you, or someone you know, is interested in attending this group, please call for more information. There is no cost to attend this group. Many men have benefitted from their participation over the years.

Please use the backdoor of the Centre (off Marshall Street) when you join us for this group.



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Men’s Discussion Group

Dealing with Anger and Other Feelings: An 8-Week Program



Saturdays from 9:30am – 11:30am

Fall 2011: October 15 - December 3

Spring 2012: March 10–May 5

For information: (519) 660-0874 x227

“Dealing with Anger and Other Feelings”

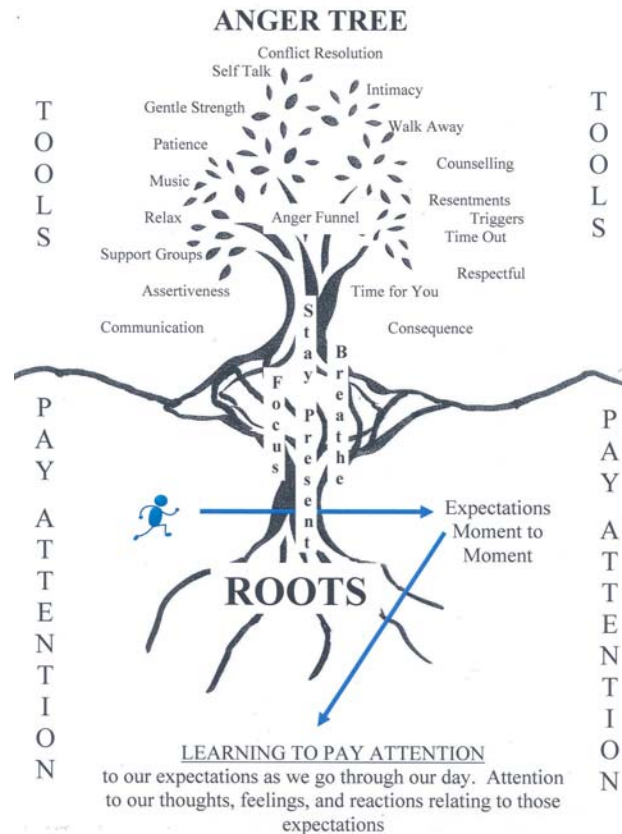
If You:

- “Blow up” or “lose it” a lot
- Find that anger is messing up your relationship with family members or is causing problems at work or with friends
- Want to learn how to understand and deal with anger and other feelings in a positive way
- Want to discuss other feelings whether or not they relate to anger
- Want a safe, comfortable place to share with other men

This Group May Be For You!

- We explore what each person wants to get out of our sessions
- We discuss why physical and emotional violence, when used to solve problems, causes even more problems for us and others
- We stress the necessity of taking responsibility for our anger
- We consider what “triggers” our anger
- We share experiences, exercises, techniques, articles, books, etc.
- We do not pressure anybody to do or say anything in the group that he does not wish to do or say

This group has worked with anger topics since 1999.



Fall session begins Oct. 15 2011
 Spring session begins Mar. 10 2012
 (no class on April 7 due to Easter)

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Our Approach

There are two parts to this program. These parts are not separate; they are carried out at the same time.

Part One can be compared to the visible part of the “Anger Tree.” This part involves identifying negative behavior and discussing techniques and ideas which will change that behavior by eliminating or modifying the behavior to accomplish the desired result.

Example: An employee may change his angry behaviour toward his boss by taking “time-outs” or not angrily responding to triggers. However, while his behaviour has changed, he may still hate his boss as much as ever. Part One is about changing the behaviour but not about changing the person.

Part Two can be compared to the part of the tree which lives underground—the unseen part of the tree. This part involves paying attention during our sessions, and in our lives—paying attention to one’s interactions with others, to our expectations of others, and to our reactions whether our expectations are met or not.

Continued on Next Panel.