

Anger Management Workshops

The anger management workshops aim to help you understand and recognise the emotion of anger and how to manage this. Everyone has anger and everyone should learn how to cope with it.

Through these workshops we aim to assist individuals in developing an understanding of anger, its usefulness to us, and how to cope with this often difficult emotion.

Our next workshops start **Thursday January 9th 2025** at **Lancashire Women, Premier House, Church St, Preston PR1 3BQ** – sessions are open to Women only.

For more information please email CAD@lscft.nhs.uk or admin_team@lancashirewomen.org

Workshops take place over 6 sessions. *Spaces are limited so please ensure you can make all dates before booking your place.*

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| 9th January 2025 | 1pm - 3pm: | Session 1: What is anger and goal setting? |
| 16th January 2025 | 1pm - 3pm: | Session 2: How anger can help you? |
| 23rd January 2025 | 1pm - 3pm: | Session 3: Taking back control. |
| 30th January 2025 | 1pm - 3pm: | Session 4: What causes anger? |
| 6th February 2025 | 1pm - 3pm: | Session 5: Conflict resolution. |
| 13th February 2025 | 1pm - 3pm: | Session 6: Communication - Body language & dealing with difficult people. |

**We are
LSCft**