

Community Education Service



Understanding Anger and How to Manage It

Lawrence Deck M.Sc., R. Psychologist

Thursday June 7, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

The Ability Hub

Child Development Centre

300, 3820 - 24th Avenue NW

Session is FREE
of charge/
Free parking in
Lot 54

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

This presentation will provide a review of the most current literature on the origins of anger. This will include psychological reactions, cognitive processes, and exposure to common thinking distortions. It will also discuss the emotional and behavioural manifestations of anger. Lastly, anger management and intervention strategies will be discussed. Time pending, an opportunity for questions and discussion will be held.