



A 5-WEEK ANGER MANAGEMENT WORKSHOP

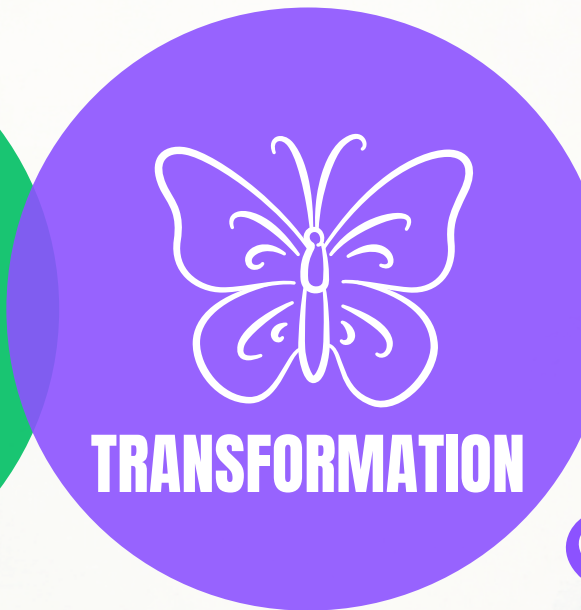
presented by *GraceRenewal Ministries*

EPHESIANS 4:26-27 (NIV)

“In your anger do not sin; Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

PROGRAM FORMAT:

- Duration: 5 weeks
- Participants: Adults (18+)
- Sessions: Weekly, 90 minutes
- Dates: June 1st, 8th, 15th, 22nd & 29th
- Time: 6:30 - 8:00 PM
- Price: Free and by donation as the Lord leads



WEEK 1

Understanding Anger

WEEK 2

Assessing My Anger

WEEK 3

Coping Strategies

WEEK 4

Learning to Communicate Better

WEEK 5

Maintaining Gains



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For Registration:
Please call
613-890-9915