



# ANGER MANAGEMENT FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES



**DATE: Tuesdays, February 2nd to April 5th, 2016**

**TIME: 10:00 to 11:30am**

**Cost: \$10.<sup>00</sup>**

**LOCATION: 1914 9th Ave SE, Calgary.**

A brief interview will be conducted with each applicant prior to the start of the workshop to ensure that it will meet the needs of those who attend.

For more information or to arrange an interview, please contact:  
Elyse Seppala 403-207-5115 ext. 264 [seppalae@supportedlifestyles.com](mailto:seppalae@supportedlifestyles.com)

**Applications must be in by Monday January 11th, 2016.**

**Those applying after this date may not be accepted into the group.**

**Applications can be sent to:**



MAIL  
Elyse Seppala  
Supported Lifestyles Ltd.  
#210, 495 36th Street NE  
Calgary, Alberta T2A 6K3



FAX:  
(403) 207-5125  
Attn: Elyse



[seppalae@supportedlifestyles.com](mailto:seppalae@supportedlifestyles.com)

## Some Topics Included Are:

- ◆ What anger looks like
- ◆ Personal triggers
- ◆ Calming techniques
- ◆ Knowing what I can control
- ◆ Severities of anger
- ◆ Responses to anger
- ◆ Assertive vs. aggressive

