



**BURNABY
FAMILY LIFE**
A PLACE TO GO... A PLACE TO GROW!

UNDERSTANDING YOUR ANGER

Anger Management for Men

WHEN:

STARTS THURSDAY

JANUARY 19, 2023

6:00 TO 8:00 PM

WHERE:

ONLINE

ZOOM LINK WILL BE SENT
AFTER REGISTRATION IS
COMPLETE

FACILITATOR:

ROLAND BOUTIN M.A. RCC

TO REGISTER PLEASE VISIT

[HTTPS://BURNABYFAMILYLIFE.ORG](https://burnabyfamilylife.org)

or call us at 604-659-2200

bfl_info@burnabyfamilylife.org

This class is for those who want to gain an understanding of their anger and how it impacts others around them.

You will gain an understanding of

- Your individual triggers,
- The root causes of your temper,
- How to express yourself assertively without offending or being aggressive with others and
- How to restore healthy relationships.

Through this process, often participants have indicated that indicate that their self- esteem and self- understanding has increased and that their loved ones have noticed several positive changes

