



Anger management

1. Why can it be difficult to control anger?
2. Identifying possible solutions.
3. Changing attitudes.
4. Finding new skills to deal with anger.

This is a 4 week workshop for 2hrs

When requested - At Regus

160 London Road. IG11 8BB

Relationship Support for the Family 'Conception to Elder'

www.sarahagnesfoundation.org.uk

Phone: 07932 253818

Email: enquiries@sarahagnesfoundation.org.uk

Please phone to request.



Difficult and Abusive Relationship Workshop

1. The nature of Abuse and its impact
2. Why is it so hard to leave?
3. Emotional recovery from Abuse
4. Working with emotions of fear, guilt, anger, shame.

This is a 4 week workshop for 2 and a half hrs.

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