



# MANAGING OUR ANGER

*(MENS WORKSHOP)*

**OCTOBER 15, 2022 | 10 A.M.- 3 P.M.**  
**THE RIVER ROOM (UNIT F 4924 48 AVE INNISFAIL)**

**\$127 + GST**

*(refreshments + lunch included)*

Anger is a normal emotion that everyone experiences. However, it is important to have constructive approaches to managing anger effectively. This workshop will teach participants how to identify their anger triggers and what to do when they get angry.

**REGISTER ONLINE [WWW.STANDINGSTONES.CA/WORKSHOP](http://WWW.STANDINGSTONES.CA/WORKSHOP)**