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## What is the Anger Management Workshop?

The Anger Management Workshop for Women was developed by the Elizabeth Fry Society to help women confront their issues with anger. Addressing anger issues, specific to women, has been identified as an immediate need by the women in our community.

Many women have difficulty recognizing and acknowledging their feelings of anger. The Anger Management Workshop investigates these feelings and provides coping tools and techniques that enable women to deal with their anger in a constructive way.

The Anger Management workshop is offered in a series of four workshops (all four sessions *must* be attended). These workshops are designed specifically for women and are conducted in a safe and supportive environment.

**Registration Fee: \$75.00**

*Please ask about our payment options*

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## What will the Anger Management program offer me?

The Anger Management Workshop offers women the tools to identify and to deal with their anger. It provides a comprehensive overview of the kinds of anger women encounter and ways to express that anger in healthy and appropriate ways.

If you are enrolled in the anger management workshop, you will have the opportunity to discuss the issues surrounding anger with other women who are experiencing similar concerns. We also present a series of exercises and discussions that help women discover how to make anger work for them--not against them.

### **The principal topics covered in the Anger Management Workshop include:**

Understanding women's anger styles

What our anger is telling us

The process of expressing anger respectfully

Understanding what it means to deal with anger

Identifying Anger as a potential force for change

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## When is the Anger Management Program being held?

Workshops are offered on an ongoing basis. Please contact the Program Coordinator for details.

***ALL FOUR SESSIONS MUST BE ATTENDED***

## Where is the Anger Management Program being held?

**The Elizabeth Fry Society  
2352 Gottingen St.  
Halifax, Nova Scotia**

***FOR MORE INFORMATION AND TO REGISTER, PLEASE PHONE:***

**454-5041**

Ext. 24

**visit our website @  
[www.efrynovascotia.com](http://www.efrynovascotia.com)**

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**OUR MISSION STATEMENT:**

Our Society continues to work with, and on behalf of, women in conflict with the law by:

Responding to the needs of women in prison

Developing programs and services in the community for women who have been charged with offences and women at risk of coming into conflict with the law

Encouraging public awareness and understanding of issues related to women in conflict with the law

Lobbying for the improvement of conditions for women in local penal institutions

Lobbying for changes in the criminal justice system

**Elizabeth Fry Society  
Mainland Nova Scotia  
2352 Gottingen St.  
Halifax, Nova Scotia  
B3K 3B9**

**Phone: 454-5041 Ext.24**

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**email: [efrymain@efrynovascotia.com](mailto:efrymain@efrynovascotia.com)**

**visit our website @  
[www.efrynovascotia.com](http://www.efrynovascotia.com)**

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**PLEASE HELP US HELP!!**

*Support Us:* As a non-profit organization, we need donations and community support. All donations are tax-deductible. Also you can have planned giving in your will.

*Become a Volunteer:* From our Management Team (board) to the One-to-One Program; volunteers are essential.

*Help us to Educate Others:* If you belong to a local organization or club, invite us to speak at your next meeting.

*Take Out a Membership:* You will receive newsletters and a vote at the annual general meeting.

Membership Application

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**Postal Code**

\_\_\_\_\_  
**Phone Number**

**Waged \$25\_\_\_\_\_ Unwaged \$5\_\_\_\_\_**

**Group \$50\_\_\_\_\_ Corporate \$100\_\_\_\_\_**

**Sustaining \$100\_\_\_\_\_**

**\* I do not wish to become a member, but would like to make a donation \_\_\_\_\_**

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**THE ELIZABETH FRY SOCIETY  
MAINLAND NOVA SCOTIA**

**ANGER  
MANAGEMENT  
WORKSHOP FOR  
WOMEN**



**Elizabeth Fry Society  
Mainland Nova Scotia  
2352 Gottingen St.  
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