

YSSN
YOUR SUPPORT SERVICES NETWORK

Anger Awareness Group

Anger Awareness Group is a **three-session** virtual group designed to help you better understand anger, recognize personal triggers and warning signs, and develop practical strategies for managing emotional response.

This group provides supportive, non-judgmental environment for individuals looking to build self-awareness, strengthen emotion regulation skills, and improve their ability to navigate conflict and stress.

Who Should Attend:

Adults 16+ residing in York Region or South Simcoe (excluding active psychosis and developmental disabilities).

Dates & Time:

Thursday, February 4, 11, 18, 2027
1:30 p.m. - 3 p.m.

Location:

Sessions will be conducted virtually via Microsoft Teams Video conferencing. Details to be provided upon registration. You must have access to the Internet and a private space to promote confidentiality.

For more information, and/or to register, email:

MHGroups@yssn.ca

YSSN is a hub for Developmental, Mental Health and Children's Services that helps people navigate services to live their best lives.

YSSN.ca