

# 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:

Wednesday, August 5, 12, 19  
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](mailto:MHGroups@yssn.ca)**

