

Anger Management



Overall aim of the programme

This creative programme is designed to support young people in understanding what triggers their anger, how their body is affected and ultimately creating an individual plan of coping strategies to help them to deal with this difficult emotion.

Target group: Vulnerable young women aged 13 - 25

Delivered by: 2 experienced Them Wifies facilitators

Workshop One - Introduction & what triggers our anger?

Aims

- To carry out introductions and establish a group agreement
- To take part in ice breakers and warm ups
- To understand and identify types of conflicts that can cause us to feel angry

Workshop Two - How anger affects us

Aims

- To recognise how our bodies change physically/emotionally when we feel angry
- To explore how we deal with angry feelings
- To investigate calming down techniques

Workshop Three - Assertiveness V's Aggression

Aims

- Examine the difference between anger and assertiveness
- Compare the outcomes of an assertive approach and an aggressive approach
- Practice communicating needs in an assertive manner

Workshop Four - Managing our own anger

Aims

- To apply techniques from this programme to a case study
- To identify ways of feeling more relaxed
- To create an individual anger management plan

Benefits

- Understanding of how anger is triggered and how to deal with it when it happens
- Raised aspirations
- Understanding of how emotions impact on behavior
- Developing positive ways of coping with difficult emotions
- Participating in positive activities
- Learning how to maintain positive relationships with others
- Feeling more relaxed
- A deeper understanding on their mental well being

Quote from participant

“It stopped me feeling angry all the time.”

Cost: £700 or £900 (including evaluation)

*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email maria.lavelle@themwifies.org.uk
We're always happy to discuss the difference we can make.

WORKING WITH THE ARTS FOR CHANGE