

# ANGER MANAGEMENT WORKSHOP

Content :

- Understand the causation of anger and its impacts on health, emotion and interpersonal relationship
- The underlying dysfunctional thoughts and beliefs of anger
- Skills to manage anger emotion

Facilitators : Prof. Daniel Wong ( Clinical Psychologist)  
Ada Poon (Social Worker)

Fee: \$15 (for 3 sessions)

Language: Cantonese

Dates : 18/7, 25/7, 1/8/2017 (Tuesdays)

Time : 6:30pm - 9:30pm

Venue : Whitehorse Community Resource Centre,  
Level 1, 79 Mahoneys Road, Forest Hill

**Enrolment and Enquiry**

**0401 718 043 / 03 8806 7532**

