

ANGER MANAGEMENT

Identify with this?

- I have difficulty in dealing with my anger.
- I find it difficult to express my anger appropriately.
- I tend to lash out and then regret the consequences of my anger.
- I push down angry feelings pretend I'm OK, but I'm hurting inside.
- I tolerate someone else's anger and risk my own physical and emotional welfare.
- I feel as if I've been angry all my life.
- I am afraid of my angry feelings and use alcohol/drugs to cope.

How Anger Management Can Help You

- Anger is a normal human emotion. It's often a warning signal that something in your life needs to be changed.
- Problems arise when that anger is either suppressed or expressed in inappropriate ways.
- Anger management will help you to acknowledge and deal with your anger in a healthy manner.
- Throughout the 10 week course you will be assessing and identifying your behaviour patterns.
- You will begin to identify your trigger thoughts and situations and learn more effective ways of coping with them.
- You will also learn methods to help you cope with stress. This is often a key trigger to angry behaviour.

Course Information

- Before joining the course you will have an individual assessment interview with a counsellor.
- The course lasts for 10 weeks and will be at our premises in Neath.
- Each session will last for 2 hours.
- It is run on a small group basis with a maximum of 8 people in the group.
- Intimidating behaviour is not permitted within the group.
- It is run in accordance with our confidentiality policy. Issues discussed within the group will only be disclosed if there is:
 - A real or significant risk of harm to yourself or others
 - Risk of harm or neglect to a child or children

Or

- If the agency is ordered to supply information under a subpoena by a Court of Law

REFERRAL PATHWAYS

- Probation
- Child Assessment Team
- Social Services
- Women's Aid
- Tai Hafan
- South Wales Police
- (Domestic Violence Unit)
- General Practitioners
- Hospitals
- Voluntary & Private Organisations
- WGCADA Staff
- Other Agencies

To Refer Someone Please Contact:-
Caroline Hamilton
01639 633630

Or any of the offices below

WGCADA (Swansea)
(Main Office)

40 St James Crescent, Uplands, Swansea
Telephone: 01792 472519
Email wgcada@hotmail.com

WGCADA (Neath)
(Abstinence)

30 Victoria Gardens, Neath
Telephone: 01639 620222

WGCADA (Neath)
(Harm Reduction)

15 Victoria Gardens, Neath
Telephone: 01639 633630

WGCADA (Port Talbot)
(Harm Reduction)

37 Commercial Road, Taibach, Port Talbot
Telephone: 01639 890863

WGCADA (Bridgend)
(Abstinence/Harm Reduction)

7 Gaylard Buildings, Court Road, Bridgend
Telephone: 01656 667717