

Anger Management and Safer Relationships Support

To better understand your emotions, take responsibility for your behaviour, and build safer, healthier relationships, we offer anger management sessions

Sessions focus on:

- Understanding anger, stress responses, and emotional triggers
- Reflecting on personal experiences
- Building self-regulation skills
- Developing healthier communication strategies
- Learning tools to de-escalate conflict and respond more intentionally

8 sessions

- 6 online self-directed sessions
- 2 in-person sessions with a mental health counsellor

**\$250
fee**

Contact Judith Herrera, Mental Health Counsellor, at jherrera@mnlct.org

