



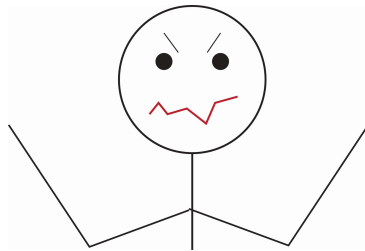
Counselling Service

26 Pampisford Road, Purley, CR8 2NE

Tel: 020 8763 2064 Email: [counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk)

[www.mindincroydon.org.uk](http://www.mindincroydon.org.uk)

## Angry?



an·gry [ang-gree]

adjective, an-gri-er, an-gri-est

(feeling or showing anger or strong resentment  
usually followed by at, with, or about)

## Anger Group

The Anger Group is a six-week course in which we look at what it is that may contribute to and underlie presenting anger, how anger may present and coping strategies / techniques to work with this.

The best indicator of success is motivation to engage and people report a greater understanding of what is happening for them by the end of the course.

## **GROUP AIMS:**

1. To provide a forum to gain understanding of the causes of anger and to learn new skills for preventing the onset of anger and aggression.
2. To explore practical, do-able things that will add to each individual's resources/toolkit for managing anger.
3. To provide support and encouragement in a confidential and safe atmosphere.
4. To enable use of learnt skills and techniques beyond completion of the programme.

## **WHO IS THE GROUP FOR?**

The Anger Group is accessed by self-referral only. Clients will have identified as having difficulties in controlling anger, who recognise this as an issue and who are motivated and committed to learn new skills.

## **START DATE/TIME:**

2023 Dates/Times to be Confirmed.

Please apply now for the next group.

## **VENUE:**

In person at our office, Mind in Croydon, 26 Pampisford Road, Purley CR8 2NE

## **CONTRIBUTION:**

**Assessment** £10

**Unwaged** - £30 (£5 per session)

**Waged** - £60 (£10 per session)

**Out-of-Croydon Borough:** £90 (£15 per session)

## **APPLICATION PROCESS:**

Please provide your name, address, phone number and email address and we will email/post the registration form for you to complete and return to us.

Phone: 020 8763 2064 Email: [counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk)

## **ABOUT US:**

The Mind in Croydon Counselling Service is an accredited service of the British Association for Counselling and Psychotherapy and all Counsellors adhere to the Ethical Framework for the Counselling Professions.