



FEELING ANGRY?

**An interactive day to explore reasons why conflict in
relationships can turn into
anger and violence
Saturday 20th August from 10.00am - 4.00pm**

AT CVA Resource Centre, 82 London Road, West Croydon CRO 2TB

Organised by The Cassandra learning Centre with Joanne Ramsey

Increase your confidence in communicating effectively with a range of people.

The morning will focus on developing a common **understanding of anger and its uses**. It will offer **interactive**, fun ways of exploring whether we use anger positively to help us to change. OR, whether anger is being negatively to pull and control us like puppets. In the afternoon, participants will **learn** how to use **assertion techniques to increase respect and harmony in all relationships**.

The day will end with **relaxation techniques** which can be used in a range of situations.

We welcome real life situations to assist learning and development.

The workshop will be led by Joanne Ramsey, who has worked with London Probation for over 20 years. Her background in youth work and group working has given her an understanding of issues and dilemmas faced by all ages. She is energetic and enthusiastic with a passion for learning and sharing. Joanne has written and delivered several group work programmes including Dare To Be Different - a life changing course and Emotional Balance.

This workshop is free. Come, be inspired and transformed.

Email: jennifer@clcentre.org.uk

Go on, we dare you!

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