



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



MANITOBA

BLUE CROSS®

Employee Assistance Centre

UNDERSTANDING ANGER

EAP Workshop

Facilitated by Mitch Bourbonniere, BSW, MSW

This workshop will explore the issue of anger. Anger is often a misunderstood emotion. It can be a primary or secondary emotion, as well as a defence mechanism. Anger can take all sorts of forms. Anger can also be a productive emotion.

This workshop will attempt to define and describe various forms of anger. Ultimately, the workshop will leave participants with suggestions and recommendations on how to experience anger in a healthy way.

LOCATION: CONCORDIA HOSPITAL
1095 Concordia Ave,
Lecture Room 1

DATE: Tuesday, November 1, 2016

TIME: 9:00 am to 11:00 am

*opened to
all staff*

To register contact:

**Employee Assistance Centre
204-786-8880**