



8- WEEK PROGRAM

## **WHEN YOU SEE RED (FOR WOMEN)**

Do you have difficulty containing your anger in everyday life? Topics include: The Role of Anger; Beliefs that Fuel Anger; and Connections Between Thoughts and Behavior. This program also includes Mindfulness Stress Reduction Techniques, Healthy Boundaries and Coping Skills.

Facilitator: Kim Oldford-Walters, M.Ed. (Couns. Psych.), CCC

**Wednesday  
Daytime from  
12:00pm- 2:00pm**

**April 3, 2019 -  
May 29, 2019**

**Fee: \$150.00**

**Please call  
579-0168 to  
register**

### **RUAH COUNSELLING CENTRE**

The Lantern  
35 Barnes Road  
St. John's

[www.resj.org/ruah-counselling-centre](http://www.resj.org/ruah-counselling-centre)

709-579-0168