

This program is based upon the NewStart Life Skills Program.

The Saskatchewan NewStart model of Life Skills was developed in the late sixties and early seventies in Prince Albert, Saskatchewan, as a joint initiative of the federal Department of Manpower and Immigration and the Saskatchewan Department of Education.

The intent was to design an effective system of delivering adults basic education to disadvantaged populations.

The designers – educators, psychologists and counsellors – developed an experiential approach that incorporates specific skills, a sequence of skill development and specific problem solving systems.

That approach has since been adapted to make the training relevant to anyone wishing to develop and improve communication and problem solving skills.

Contact:

Michelle Obre: For Registration and Information

Phone: 250-296-9151 or 250-302-1078

Life Skills For Everyone!

C/O Box 856

150 Mile House, BC V0K 2G0

Email: assertcomm@gmail.com

Facebook Group: Life Skills For Everyone!

George Emery, CLSC

Facilitator, Certified Life Skills Coach

Jon Fleming, CLSC

Co-Facilitator and youth care worker

Other Life Skills For Everyone Programs:

Assertive Communication In A New World

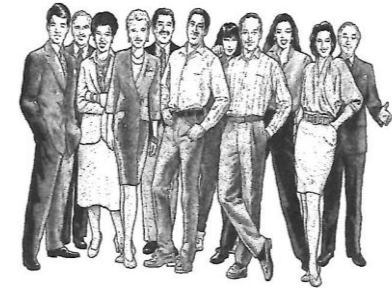
Resolving Conflict In Our Lives

Form: LSFMA Ver. 1.2-011416

Life Skills

For

Everyone!



Life Skills For

Managing Anger

“Learning never exhausts the mind”

Leonardo Da Vinci

Life Skills For Managing Anger Program

This program will help participants in developing skills for effective and non-threatening communication of anger to achieve positive results in their interpersonal relationships in the 3 areas of our lives, family, social and work. Anger and how it works for us and against us. What triggers our anger and strategies for managing it.

We will learn how to:

- Get information
- Develop listening skills
- Get in touch with our emotions and expressing them positively
- Giving feedback
- Harmful and helpful behaviours
- How our behaviours affect others and how others behaviours affect us
- Handling conflict
- Taking back control over our decisions
- Assumptions
- Anger strategies and triggers

We will learn this through role playing, experiential learning, peer and group evaluations. The program will be a positive, equal, non-judgmental, fun and safe environment. Everybody will learn something new about themselves, develop a greater level of self-awareness and learn about choices we have in interacting with others to create positive environments if we choose. Post program support will be there to help in continuation of skill development and transfer of skills from the learning stage to the actual working stage.

Cost: \$220.00 per participant

Limited seating

Duration: approximately 36 - 40 hours

Registration forms can be obtained by contacting Michelle Obre or downloading them from the files section of the public Facebook group.

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

Brian Tracy

Low Income Participants: Please contact me and we will see what we can work out for you to get through the program.

"Everyone wants to tell you what to do and what's good for you. They don't want you to find your own answers, they want you to believe theirs."

Socrates from The Peaceful Warrior by Dan Millman

Alice: Will you tell me please, which way I ought to go from here?

Cat: That depends a good deal on where you want to get to.

Alice: I don't care much where so long as I get somewhere.

Cat: Oh you're sure to do that if only you walk long enough.

Lewis Carol – Alice In Wonderland.