

# Options to Anger



## Eastern Nova Scotia Mi'kmaq Mental Wellness Team

A workshop for youth ages 12-16 that distinguishes between anger and aggression, teaching them how to recognize their early warning signs, and how to interrupt the anger cycle by making the choice not to respond to invitations.

## Paqtnkek Health Centre

Wednesdays from 3:30-5:30pm

**5 SESSIONS:**

**June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

**and July 3<sup>rd</sup>**

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Karla Stevens- Community  
Wellness Coordinator

(902) 386-2048

karlastevens@paqtnkek.ca

Please note:

- Youth must have parental consent to participate, consent forms can be obtained from the MWT via e-mail or from Karla Stevens at the Health Centre.

