

What Is Our House?

Our House is an Addiction Recovery Centre whose sole purpose is to provide an environment where individuals with addictions can embark on a recovery process directed towards a meaningful, productive lifestyle. We fulfill our mission through:

- A residential program for men 18 years and over;
- Recovery-directed programs for men and women; and
- Education initiatives in the community.

Our **Life Management Skills** and **Understanding One's Anger** courses are open to men and women in the community.

Sponsored by



OUR HOUSE
ADDICTION RECOVERY

OUR HOUSE
(E D M O N T O N) L T D .

22210 Stony Plain Road
Edmonton AB T5S 2C3

Phone: (780) 474-8945

Fax: (780) 479-2271

Email: house@ourhouseedmonton.com

Website: www.ourhouseedmonton.com

**OUR HOUSE ADDICTION
RECOVERY CENTRE**

Understanding One's Anger



OUR HOUSE
ADDICTION RECOVERY

Call 474-8945

Understanding One's Anger

This practical course provides the opportunity to learn and practice skills that are useful in identifying the impact of anger and conflict in recovery. Exercises are implemented to increase self awareness of ones' anger, hot points (hooks), recognition of signals and choosing alternative reactions to these.

Participants will gain practice in determining the real issue in conflict, in offering empathy and understanding to the other person(s) involved in a conflict, and in applying the problem solving process in their lives.

Course Requirements

- 1 A history of addictions.
- 2 One month clean and sober time.
- 3 You must attend all classes.
- 4 This course is offered free of charge.

Course Content

- anger / violence defined
- anger diary
- volcano, arousal cycle
- anger portraits
- myths of anger
- problem solving
- changing one's irrational beliefs
- reframing
- conflict resolution model
- evaluation
- certificates
- follow -up

Tentative Course Dates for 2012:

January 23- Feb 16
April 2- April 30
June 25-July 23
October 15- Nov 8

Class Times:

Monday, Tuesday, Wednesday and Thursday, 6:00 pm to 9:00 pm plus a follow-up for a total of 50 hours. Times are subject to change.

How To Register:

Please contact Rolf at (780) 474-8945 ext. 227.

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