

UNDERSTANDING ANGER VIRTUAL WORKSHOP

PRESENTED BY ANNA RACINE



SAT., MAY 8, 2021

10:00 TO 3:00

HELD VIRTUALLY ON
ZOOM PLATFORM

COST: \$40.00

REGISTER AT:

**annaracine.org@gmail.com or
(905) 351-8367**

Presenter Bio: Anna Racine is a Trained Facilitator of Workshops and Retreats and is a Certified Spiritual Director.

For more information: visit
www.annaracine.org

Why do we get angry?

Anger is a secondary emotion. Understanding the cause of anger is the first step to managing it. This Workshop will identify the causes of anger and explore our own beliefs and patterns of response. Learn how to respond to anger on a day-to-day basis in a healthy, constructive, and creative way.



