

**FOR IMMEDIATE RELEASE**

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**NEWS RELEASE**

**MEN'S CENTRE EXPANDS SUCCESSFUL PROGRAM TO GIVE BOTH MEN AND WOMEN THE TOOLS TO DEAL WITH ANGER AND EFFECTIVELY MANAGE CONFLICT**

Based on the results of a very successful pilot project working with men, the Nanaimo Men's Resource Center is expanding its services to offer an eight week program for men and women entitled "Anger in Control" starting Monday April 24<sup>th</sup>, 2006.

Anger is one of the first emotions human beings experience, and is normal. However, many of us find it is really hard to manage it effectively. Through this program participants will learn to use anger constructively, to manage their physiological responses to it as well as develop strategies to deal with the inevitable conflict in their lives. Strong emphasis is placed on developing an increased awareness of how to mobilize and channel anger into positive skills to better deal with personal, family and work related lives.

Men's Centre Program Developer and facilitator Ingrid J. Cline comments: "This program is very unique. The foundation is helping people handle anger with no shame or blame, just learning skills to manage conflict. We have had inquiries from both men and women requesting the need for a second anger management program. We are thrilled to be able to offer that. We have created a dynamic program which has the added bonus of the full participation of local counselor Alan Caplan, who has many years of experience and expertise in this area."

The sessions run from 6:00-8:30 and start on Monday April 24<sup>th</sup>. Seating is limited and by registration only. To register for the program call 716-1551.