

FOR IMMEDIATE RELEASE

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Contact: Michael Beechey,
Nanaimo Men's Resource Centre,
Nanaimo, B.C.
250-716-1551

PRESS RELEASE

MEN'S CENTRE GIVES MEN AND WOMEN THE TOOLS TO DEAL WITH ANGER AND MANAGE CONFLICT EFFECTIVELY

As part of the 2006 Workshop series, the Nanaimo Men's Resource Center is offering an eight week program for men and women entitled "Anger is in Control", starting Monday October 23rd, 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 and to develop strategies to deal with the inevitable conflict in their lives. At a recent Coroner's Inquest the jury recommended full time funding for the Men's Resource Centre, which stands as a testimony to the effectiveness of their programs.

Men's Centre Program Manager Michael Beechey comments: "This program is unique. The foundation is helping people handle anger with no guilt, no shame, developing skills to manage conflict. Strong emphasis is placed on gaining an increased awareness of how to channel anger into positive skills to manage personal, family and work related lives. This program that can improve people's lives by helping them deal with the ever increasing stress levels we all seem to face in daily life."

The Men's Resource Centre is very pleased to welcome Alan Caplan a local counselor with extensive experience and recognition in the local counseling and mediation field to be the facilitator for this series. The sessions run from 6:00-8:30 and are held at the Men's Resource Centre.

To register for the program call 716-1551. The registration fee for the eight sessions is \$250.

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"When Anger is in Control" – 8 week program to learn to deal with anger and manage conflict constructively. Starts Tues, Jan 10. 6-9 pm. Call Nanaimo Men's Resource Centre 716-1551 to register.