

FOR IMMEDIATE RELEASE

**Dec 11, 2006,
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NEWS RELEASE

**MEN'S RESOURCE CENTRE EXPANDS SUCCESSFUL ANGER PROGRAM
TO PROVIDE A UNIQUE OPPORTUNITY FOR MEN AND WOMEN**

Based on the successful results of recent programs, Nanaimo Men's Resource Centre is expanding its services to offer an intensive program for men and women. The program, entitled "Calming Your Anger: Assertiveness, Boundaries, and Conflict Resolution" begins with a weekend intensive Jan 19, 20, and 21, and is followed by 8 support sessions.

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in personal relationships, and in the overall quality of our lives. And it can make us feel as though we're at the mercy of an unpredictable and powerful emotion.

Counselors Alan Caplan and Sharon Bronstein will be leading the intensive 3 day program. Both are respected members of the local professional community who have worked for years to develop effective approaches that can be put into action easily. Allan Caplan comments: "This program invites people to be more aware of the dynamics of anger, frustration, and conflict, and allows them to find more effective ways to resolve conflict, work through differences, and respond assertively to trying situations. We are opening this up for both men and women and we will explore the differences in conditioning and conflict resolution styles of men and women."

Men's Centre Program Manager Michael Beechey comments: "This program is very powerful. There is no other anger management program that is both open to men and women and offers the level of support that this one does. The combination of an intensive weekend and eight follow-up support sessions is a thorough and effective way for people to satisfy the urgent need they feel to get this crucial part of their emotional lives in balance. Anger can often cover over other unmet needs."

Seating is limited and by registration only. The cost for the weekend plus the 8 follow-up sessions is \$250. To register call 716-1551.