The Anger Management Centre of Toronto, Inc.
would like to invite you to our monthly **Women's Wellness Group** meeting on April 18th, 2015 from 12PM-1:30PM.
(address below)

Our aim is to gather diverse women and provide an environment where we can share our feelings and thoughts on issues we, as women, face every day. The Women's Wellness Group fosters lasting friendships and mutual understanding of what it really means to be a woman in today's society.

Kindly RSVP by **April 16th, 2015**

Projected Topics of Discussion

Stress Management and Self- Care

It's not uncommon to see a woman put the needs of others before her own. Think about how often you neglect yourself and take care of others. Self-care means to look after yourself in a healthy way. Together, we'll explore how to incorporate self-care practices in your daily life and how to boost your mental health, all while managing your stress. Fee: $20

Assertive Communication

Do you work with a difficult colleague and have trouble expressing how you feel? Do you have a hard time differentiating between aggressive communication and assertive communication? Join us for our Assertive Communication Workshop and discussion as we chat about different communication styles and techniques for home and at work. You'll learn that assertiveness means working with people, and not against them. Fee: $20

Personal Goal Setting

Achieving your goals is satisfying. However, the journey to achievement can sometimes be difficult, especially if you don't know where to start. Together, we will learn strategies to ensure that you set SMART (**S**pecific, **M**easureable, **A**ttainable, **R**ealistic and **T**ime framed) goals and overcome obstacles that may hinder your progress. Fee: $20

Self-esteem Building

Self-esteem is how much you love yourself. Low self-esteem is known to lead one into depression, negative thinking styles, low self-confidence and increased negative self-judgement. Combat this with us as we explore ways of boosting and maintaining self-esteem. Fee: $20

And many more…

Scarborough Office: 5651 Steeles Ave East. Unit 17. Scarborough, Ontario. M1V 5P6