

ABOUT ANGER

- There are right and wrong ways to deal with angry emotions.
- Anger is a natural reaction to stress and difficulty in our lives.
- We can learn to communicate our needs without causing destruction.
- Confide in friends and seek help to find ways to release anger in appropriate ways.



FOR MORE INFORMATION CONTACT:

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2 & 4 HEALTH SERVICES
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MINO-WIJIINDIWIN PROGRAM

- Our weekly program is structured over 7 weekly sessions utilizing 7 teachings to help individuals understand, cope and promote behavior change.
- Our program is delivered with the guidance, teaching and participation of traditional healers within each First Nation Community. Community involvement is encouraged.
- Program utilizes evidence based Cognitive Behavioral Therapy (CBT) approach to help people overcome their negative thinking patterns and replace them with healthier, positive thoughts.
- The medicine wheel tool is used to examine the whole person –physical, emotional, mental and spiritual parts of our being.

**CALL 1-866-385-9400
OR 204-622-9400**

MINO- WIJIINDIWIN PROGRAM

GETTING ALONG WITH OTHERS



WHO CAN PARTICIPATE?

•Program is open to West Region Treaty 2 & 4 Health Services Communities:

- Ebb & Flow
- O-Chi-Cka-Ko-Sipi
- Skownan
- Pine Creek
- Rolling River
- Keeseekoowenin
- Gambler

Recommended to adults over the age of 18, on/off-reserve. Please contact us if you are interested in the program in your area. Thank you.

"Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's Power and is not easy." ~Aristotle

WHAT WILL I LEARN?

- Understand anger and where it's coming from
- Overcome negative thinking patterns and improve mental outlook
- Identify triggers
- Problem Solving skills
- Learn tools to promote behavior change
- Build better relationships through communication
- Look at the whole person to heal through mental, physical, emotional and spirit
- Working together as a community to help one another

FOLLOW UP

- Develop a support system for wellness and self care
- Provide list of resources in community and surrounding area
- Identify spiritual helpers, family and friends who can provide support
- Program follow up, future check-ins

PROGRAM GOALS

- The aim of the program isn't to suppress feelings of anger, but rather to understand the message behind the emotion and express it in a healthy way without losing control.
- Applying the skills of anger management takes work, but the more you practice, the easier it will get.
- Learning to control your anger and express it appropriately will help to build better relationships, achieve your goals, and lead a healthier, more satisfying life.

You cannot see your reflection in boiling water. Similarly, you cannot see truth in a state of anger. – Unknown