
Learn how to manage your emotions and avoid negative consequences of inappropriate anger.

- Identify Triggers
 - Evaluate Thoughts
 - *Manage Emotions*
 - *Moderate Behaviors*
 - *Checking Yourself*
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Our Locations

1873 Spall Road
Kelowna, BC V1Y 4R2

1582 Lawrence Ave,
Penticton, BC V2A 3B9

Contact Us

Connie Lupichuk
BSW, MSW, CLC, RSW
p. 306-281-7756
e. connie@incentivecounselling.ca

General Inquiries
e. reception@incentivecounselling.ca

Website
www.incentivecounselling.ca



Anger Management Program for Adults

Providing Tools
and Strategies to
Manage your
Emotions

Anger Meter



Anger Management Program

- Incentive Counselling Anger Management Program is a 6 session certified course.
- The program reduces the impact of learned anger responses and teaches healthy alternatives to manage emotions.
- Using healthy alternatives improves relationships, your overall well-being, and prevents unnecessary conflict.

The goal is not to "never" feel angry. The goal is to understand your anger and to choose healthy ways to respond to it.

Adult Anger Program

PRACTICE AND STRENGTHEN SKILLS TO ENCOURAGE POSITIVE FUTURE BEHAVIOR.

You will learn to identify:

- Triggers - what makes you angry.
- Thoughts caused by exposure to a trigger.
- Your habitual responses emotionally, mentally, physically, and behaviorally.
- The consequences of your anger and associated behaviour.

You will also learn;

- Skills to evaluate your responses to triggers.
- Strategies to avoid the anger cycle.

Incentive Counselling Adult Anger Management Program

OUR PROGRAM

- Connie Lupichuk of Incentive Counselling developed our program to meet the unique needs of adults struggling with problematic anger responses.
- Our program ensure quality delivery in a virtual or face to face group setting.
- A certificate of successful completion is provided.