

ANGER MANAGEMENT FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES



DATE: Wednesdays, January 31st to April 4th, 2018

TIME: 10:00 to 11:30 am

Cost: \$10.⁰⁰

LOCATION: 1914 9th Ave SE, Calgary.

A brief interview will be conducted with each applicant prior to the start of the workshop to ensure that it will meet the needs of those who attend.

For more information, please review our FAQ sheet or contact:

Elyse Seppala-Ulrich 403-207-5115 ext. 264 seppalae@supportedlifestyles.com

Application deadline is Friday January 5th, 2018.

Those applying after this date may not be accepted into the group.

Applications can be sent to:



MAIL

Elyse Seppala-Ulrich
Supported Lifestyles Ltd.
#210, 495 36th Street NE
Calgary, Alberta T2A 6K3



FAX:
(403) 207-5125
Attn: Elyse



seppalae@supportedlifestyles.com

Some Topics Included Are:

- ◆ What anger looks like
- ◆ Personal triggers
- ◆ Calming techniques
- ◆ Knowing what I can control
- ◆ Severities of anger
- ◆ Responses to anger
- ◆ Assertive vs. aggressive



Please check if you require assistance with any of the following:

Reading
 Speech

Writing
 Hearing

Sight
 Mobility

How has anger impacted your life? Please explain:

Emergency Contact Information:

Person's Name	Telephone Number(s):
Guardian/Family:	
Day Support	
Agency _____ Name _____	
Residential Support	
Agency _____ Name _____	

In the event that a sudden medical emergency occurs, efforts will be made to obtain treatment consent from the guardian and to notify the service provider involved. In the event that the guardian cannot be reached, I hereby authorize Supported Lifestyles Ltd. to **seek emergency services**. It is the responsibility of the attending physician(s) and support personnel to obtain consent, or for the physician to decide to treat without guardian consent.

Note: Guardian approval (if applicable) is required for this course! Guardian signature authorizes Supported Lifestyles to contact the client's service agency, PDD or other services to obtain information pertinent to the needs of facilitating the workshop and is effective for the duration of the group.

☼ Individual's Signature _____

☼ Date _____

☼ Guardian Signature (if applicable) _____

I, the Guardian/Agent/Independent Adult, give my permission to Supported Lifestyles Ltd. Staff to videotape/record and or photograph the individual for the purpose of Educational, Training and /or Group promotion. I am aware that I can revoke, revise or terminate this authorization at any time.

Yes No _____ Initials

Application for the Anger Management Group may not guarantee you a spot in the group.

The final selection of participants will be made once each applicant has had an interview. Once the participants for the group have been selected, all applicants will be notified by telephone.

Completed applications can be returned to:

Mail: Elyse Seppala-Ulrich
Supported Lifestyles
#210, 495 36 Street NE
Calgary, Alberta
T2A 6K3

Fax: (403) 207-5125
Attention: Elyse

Email: seppalae@supportedlifestyles.com

Should you have any questions, please contact Elyse as above or at (403) 207-5115 ext. 264

