



Our **Anger Management and Emotional Intelligence Program** is based on the Anderson and Anderson Anger Management training model and is recognized by the North American Anger Management Association.

This program focuses on four components: **Stress Management, Emotional Intelligence, Anger Management,** and **Communication Skills**. Clients are offered a variety of tools to assist them in managing their behaviour and also encouraged to share their own experiences. Clients also benefit from time to sit with the facilitator individually during a fifth session to develop a **CASE Plan** for implementing the tools covered during program into their daily lives, to help them work towards their personal goals.

Prior to participating in the program clients will complete an intake interview. We follow up with participants post-program to check on their progress and also attempt to connect them with other resources in the community as needed.

Summer & Fall  
2017 AM&EI seats  
sponsored by



## The John Howard Society of Nova Scotia Since 1950

The John Howard Society of Nova Scotia is a provincial organization comprised of and governed by people whose goal is to understand and respond to problems of crime and the criminal justice system. JHSNS is a member of the John Howard Society of Canada.

We are guided by our Mission: **Effective, just and humane responses to the causes and consequences of crime.**

Through our three regional offices, The John Howard Society of Nova Scotia delivers a diverse range of programs and services. Many of these offer support to individuals who have come into conflict with the law or are at risk of doing so.



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The John  
Howard Society  
of Nova Scotia



## Anger Management & Emotional Intelligence Program

This program is offered by our [Halifax Regional Office](#). Sessions focus on

- Anger Management
- Stress Management
- Communication
- Emotional Intelligence

To learn more about our organization, visit our website at <http://ns.johnhoward.ca>

## About the Program

### Session 1: Emotional Intelligence

- What is Emotional Intelligence?
- What purpose do our emotions serve?
- Patterns of behavior
- Managing negative emotions

### Session 2: Communication Skills

- Communication skills self assessment
- Road blocks to open communication
- Phrases for miscommunication
- Positive communication skills
- Styles of communication
- Active listening responses and phrases
- Taking responsibility for what you feel.

### Session 3: Stress Management

- What is stress?
- Personal Stress Triggers /Symptoms
- Three skills for managing stress: Awareness, Acceptance, Coping Skills
- How well do you handle stress?
- Stress Log

### Session 4: Anger Management

- When anger becomes a problem.
- Anger as a response to fear
- Responding to and learning from anger
- Expressing anger in a healthy way
- Recognizing high risk situations

### Session 5: CASE Plan

Individual meetings to develop an action plan that builds on the skills from program.

**Anger**

The Anger Management and Emotional Intelligence (AM&EI) Program run by the John Howard Society of Nova Scotia recognizes anger as a normal and natural emotion. This program focuses not only on understanding emotions, particularly anger, but also on enhancing communication and stress management skills so that participants can recognize anger provoking triggers and communicate that emotion in a productive manner.

**Stress**

This program consists of four weekly sessions, each two hours in length. We offer group as well as private sessions that include more of a counselling component. These sessions will focus on four main themes: **Communication**, **Anger Management**, **Stress Management** and **Emotional Intelligence**.

Throughout the program, participants will be educated on pro-social methods for dealing with their emotions. Participants will come away from the program with improved self awareness and a better understanding of their responsibility to manage their emotions.

**Communication**

**Emotional Intelligence**

### Eligible Participants

Adults (19 years of age and older)

On a case-by-case basis, we will consider offering AM&EI programming to:

- Closed groups;
- Clients individually (private sessions);
- Youth, with parental/guardian consent.

### Referrals or Registration

AM&EI is offered by demand. Fees, location and dates for the program vary.

Please direct referrals, registration and questions to the contact information listed below.

### Halifax Regional Office

The John Howard Society of Nova Scotia

1-541 Sackville Dr.  
Lower Sackville NS  
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