

The Rainbow Bridge Project in affiliation with
The British Association of Anger Management - B.A.A.M

Building A Bridge Across Forever

Behaviour, Anger and Stress Management course for Families

- One Saturday per week for 10 weeks -

Our aim is to help parents and children find resolutions to their difficulties using a variety of methods including individual, family and group work. The 'Building A Bridge Across Forever' programme has been specially developed and designed to engage and inspire children and their parents.

This approach supports children and parents to:

- Understand why they have emotional difficulties
- Discover the source of these difficulties
- Discover new ways to communicate and relate to others
- Change challenging behaviour
- Find new ways to relax and enjoy life

We encourage group members to:

- Explore and test drive new behaviours
- Talk openly, honestly and express their feelings
- Actively integrate and live the six rules of anger management
- Find simple creative solutions to their emotional difficulties

Who needs to attend this programme?

- Parents and children who hurt themselves and others
- Parents who cannot manage their angry children.
- Children who are not able to control their angry outbursts
- Parents and children who need to be more assertive

What this programme does not do:

- Solve the families problem
- Prescribe solutions and remedies
- Give advice
- Promise quick fixes
- Collude with any self destructive behaviour

The benefits:

- Feel immediately lighter and happier with yourself
- Increased joy in your life
- Become more emotional literate
- Remind yourself of things you already knew but had forgotten
- Gives you a refreshing new look at yourself
- Helps you create clear goals and objectives
- Express all your feelings, not just your anger

Age Groups: Start from 4-6, 7-8, 9-11, 12-14, 15+ Parent/s

Dates: Saturday 17th April to Saturday 3rd July 2004

Saturday 18 September to Saturday 20th November 2004

Time: 11.00 to 12.30 (10 minute tea break)

Venue: The Warren, Church Road, Woldingham, Surrey CR3 7JH

Price: £680 for independent families

£1000 for families referred by organisations

A creche is available for toddlers over the 10 weeks - Cost £150.00

Cost includes workbooks and anger journals

Some of the skills you will learn:

Sources of anger, Mindfulness, F.L.O.W.

Anger triggers, Passive aggression

Assertiveness, Primary needs, Defusing

anger, Defence mechanism, Anger substitutes,

Active listening, Managing stress

Coping strategies, Calming techniques

Keeping an anger journal, The 6 rules of

Anger Management, Expressing your feelings

safely, Emotional regression, Conflict

resolution processes, Drama cycles and tri-

angles, Going for win/win situations,

Managing aggressive outbursts, Not taking

anything personally, Maintaining healthy

boundaries, Understanding your emotional

barometer and much much more.....

Who is B.A.A.M

B.A.A.M was formed in 2001 and has trained over 60 anger management specialists.

B.A.A.M teaches its own unique anger management model called A.P.T. (aggression Prevention Training) as a powerful psycho-educational training process designed to work for even the most resistant of course participants.

B.A.A.M has worked with over 4000 people across the UK. The facilitators running this family programme have been trained by BAAM and they work fulltime with young people in their own specialised areas.

Recently the director of B.A.A.M Mike Fisher was commissioned to write a book on the subject for Random house. Publication date Feb 2005.

For info, bookings and a full brochure

0845 1300 286

info@angermanage.co.uk

www.angermanage.co.uk