



Community Support Centre, Marsham Street
Maidstone, Kent ME14 1HH
Tel: 01622 692843
Email: maidstonemediation@gmail.com
www.maidstonemediation.co.uk

Maidstone Mediation Scheme
is a Registered Charity No. 1052104



A Member of the Restorative Justice Council

Maidstone Mediation is supported by...

Golding Homes

Maidstone Borough Council

Kent YOS

Kent Police

Tonbridge & Malling Borough Council

Connexions

Tonbridge & Malling CDRP

Safer Maidstone Partnership

Probation Service

Maidstone Mediation uses the
Anger Management Course designed by PEAT

What do I do next?

Telephone a member of our team...

01622 692843

or email...

maidstonemediation@gmail.com

Anger Management

(Funded by Golding Homes)



Helping you
ACHIEVE CONTROL

People doing the course have said that this has really changed the way they think and act

We offer a five session course, one to one or in small groups.

Each session lasts 45 minutes.

The timing of the sessions is set by the participants to suit their own needs.

The aim of the course is...

“To learn to become angry with the right person, to the right degree, at the right time, for the right purpose and in the right way.”



Session 1 What is anger?

“anger is an emotion we use to protect ourselves when we feel there is a threat to any of our needs”

Session 2 Actions and Thoughts

“By the actions and thoughts that we choose, we can change our feelings and physical reactions”



Why do you think like that?

How to lengthen the fuse.

How to recognise your triggers.



Session 3 Your Anger

How do you show your anger?

What is the cost of your anger?

- your family life?
- your body?
- your money?
- your school life/employment?
- your friendships?
- your self esteem?
- your mind?

Session 4 How to handle your anger

Session 5 How to get angry properly

**DRAWING
UP THE
PLAN**

