

## **FROM DRAGON TO DOVE: FREEDOM FROM ANGER**

Help children to learn to recognize anger patterns by understanding tools such as: the anger ladder and anger mountain.

Learn how you can assist children to deal with their anger by teaching anger management strategies such as: positive steps to handle anger, three mad rules, breathing exercises, and the 5 A's of an Apology.

### **Presenter:**

Brenda Lucas, M.A. is a Registered Clinical Counsellor trained in Counselling Psychology with the Adler School of Professional Psychology, EMDR Level II, and Hypnotherapy. Brenda is in private practice in Ladysmith, BC. Brenda is also an associate with Fisher and Associates. Brenda has more than 25 years experience as a social worker and counsellor. She has worked for 16 years in the Lower Mainland of Vancouver with adults, children, youth, couples, and groups, and two and half years in Victoria. Brenda provides services to child and adult survivors of trauma, marital and family counselling, and individual and group cognitive behavioural therapy for anxiety and stress.