

# Youth Action Diversity Trust presents Behavioural Support Service - Anger Management -



Feeling angry is part of being human. It is a natural response to being attacked, insulted, deceived, disappointed or frustrated.

It's ok to feel angry (everyone does at times) and anger can be useful when we know how to manage it well. But it can also be frightening. Anger becomes a problem when it harms you or the people around you and can cause depression, anxiety, sleeping problems and eating disorders.

If you need help to understand and manage your anger, contact us today!

## **For more information, please contact:**

North Cray Neighbourhood Centre

1 Davis Way Sidcup DA14 5JR

020 8308 3862

Email: [yadt@sky.com](mailto:yadt@sky.com) / Facebook: @YADTBexley

Website: [www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)



Youth Action Diversity Trust

Registered Company No. 5905999 / Registered Charity No. 1118218

## Anger Management for young people

The Behavioural Support Service, Anger Management is for young people aged 8 to 16 years and can be delivered as group workshops or one-to-one behaviour support.

### Anger Management Workshops

Anger Management workshops are designed for groups of 6 to 12 young people and are structured across two, 2 hour sessions. Each workshop costs £40 per person and can be run in schools or at the North Cray Neighbourhood Centre. These workshops are run periodically throughout the year.

### Anger Management One-to-One Support

The one-to-one support service gives young people the freedom and safety to explore their own anger management on a more personal level. After an initial assessment has been made, weekly one-to-one support sessions will take place. We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families.

### Get in touch: -

If you are a parent, carer or professional and would like to refer a young person, please contact us for a referral form. If you are a professional who would be interested in our group workshops, please contact us for more information.

## Behavioural Support Service

Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way. We offer group workshops and one-to-one support sessions looking at a number of issues and life skills, such as exploring communication skills, improving confidence and self esteem, anxiety, behaviour awareness, problem solving, stress management, team building and leadership.

Visit [www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)  
for details of all of our services



Head Office: 020 8308 3862

Email: [yadt@sky.com](mailto:yadt@sky.com) / Facebook: @YADTBexley

Website: [www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)

