***Seven Module Anger Management Program Agenda***

**NIISHIN NEEN**

* **Module # 1- BRAVERY (February 1, 2018)**

**TOPIC: Introduction-What is Anger?**

* **Module # 2- TRUTH (February 8, 2018)**

**TOPIC: Mino-Bimaadiziwin/Living in Balance- Anger & Healing**

* **Module # 3- HONESTY (February 15, 2018)**

**TOPIC: Internal Aspects of Anger “Looking Inside the Turtle Shell”**

* **Module # 4- HUMILITY (February 22, 2018)**

**TOPIC: External Aspects of Anger “The Surface of My Hide”**

* **Module # 5- WISDOM (March 1, 2018)**

**TOPIC: Making Changes-Self Reflection/Thoughts**

* **Module # 6- RESPECT (March 8, 2018)**

**TOPIC: Making Changes- Actions/Communication**

* **Module # 7- LOVE (March 15, 2018)**

**TOPIC: Building My Circle of Support- Tools & Resources**

***\*Although attending all 7 Sessions is strongly encouraged; a certificate will be provided for each individual completed Module.***