



S.T.O.P.

Start Treating Others Positively

0113 2446007 www.stoonline.org administrator@stoonline.org

Anger Management for Women

Weekly Group Meetings



Helping women to recognise their own anger signals

Exploring anger management techniques

Becoming emotionally articulate

For information and support contact:

0113 244 6007

(Monday – Friday between 9.30am and 3.30pm)