



# resolve

*clearing anger programme II*

*Do you feel ... disappointed, bitter, resentful, hurt, or struggle with angry feelings and need to make peace with the past? From parents and partners to friends and bosses, experiences of hurt can continue to negatively affect and disrupt personal and professional lives, often leading to bad decision making, failing health, strained relationships and family breakdown.*

**Resolve will help you work through a process of putting right what has gone wrong, so you can:**

- Resolve the grief which lies at the root of anger
- Release unwanted hurt
- Release the burden of guilt and shame
- Reduce helplessness
- Increase confidence, hope, safety and peace
- Gain control of your life
- Make peace with the past

**Commitment?** A high level of commitment to weekly attendance is required.

**How long?** 4 hours per session, with several refreshment breaks, and it runs for 8 weeks.

**Who runs the programme?** Two professionally trained, supervised and experienced counsellors.

**Child care?** Unfortunately we cannot provide childcare.

**Refreshments?** Hot drinks are provided... please bring your lunch.

**Weekly cost?** \$10 for each session... the workbook is included in the weekly cost.

***OREWA on Fridays 9.30am - 1.30pm, 12 August to 30 September 2011***

**For enquiries or to register phone Andrew (09) 420 8263 or Sandi (09) 428 1475.**

*Resolve is offered in collaborative partnership between the Men and Family Centre and the HEAL Trust.*  
The H.E.A.L. Trust, P.O. Box 28706, Remuera, Auckland 1541, New Zealand. [www.thehealtrust.org](http://www.thehealtrust.org)

**in demand**  
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