

How SVS can help:

- Provide a programme that is easy to manage
- Work in a supportive non-blaming way
- Help to identify and understand the events and feelings that lead to anger and violent outbursts
- Identify high risk situations which should be avoided
- Develop a plan that will keep you and others safe
- Offer full support during the process of change

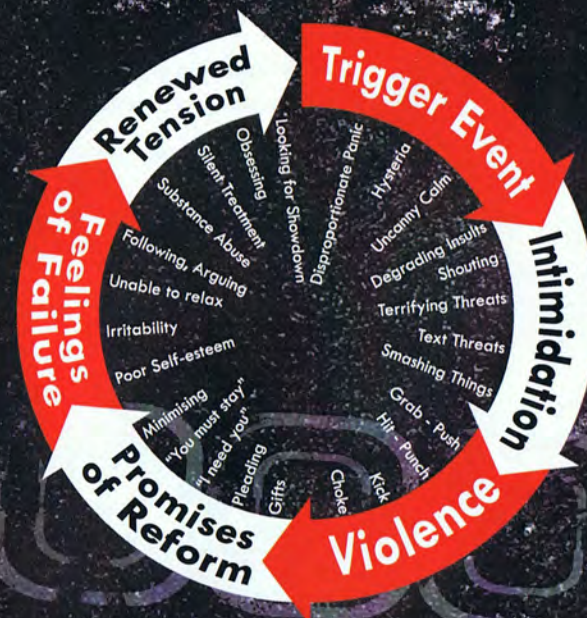
SVS Workers are men and women from many different backgrounds who have undergone extensive training and been accredited for this work.

In 2008 we began a 'Enabling Youth', a full time programme dedicated to providing group and individual support to Canterbury's young people, both male and female.

Also available is an education programme for the parents, caregivers and support personnel of young people who are challenged by abusive behaviours.

SVS is an approved Adult Community Education Provider with the Tertiary Education Commission

DOES THIS PATTERN FEEL FAMILIAR?



The speed at which abusive people travel round this circle will only increase with time. Many will take short-cuts and others 'live' in just one or two sections.



**STOPPING
VIOLENCE
SERVICES**

YOUTH ANGER



Discover OK ways to cope with frustration, anger and violence

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**STOPPING
VIOLENCE
SERVICES**

Do any of the following apply to you?

- ❖ You are having conflict with your partner and/or family
- ❖ You're getting in trouble with police
- ❖ People tell you that you have a problem with your temper
- ❖ You feel frustrated and don't know what to do. You feel angry at the world
- ❖ You find it hard to talk about what's going on. You bottle things up
- ❖ You assault people when drinking
- ❖ You have trouble controlling your temper – have a short fuse

Would you like to be able to:

Be a person who others aren't frightened of?

Break the pattern of acting violently?

Have a range of different skills to deal with frustration?

Cruise through most weeks without getting upset?

Stay out of trouble?

Handle frustration at work in a cooler way?

Get on better with your partner and family?

Have a long-term happy relationship?

Get angry without having to blow?

Understand other people more?

Talk about what is going on for you?

Change behaviour you don't like?

Stand up to peer pressure?

Think of the past without getting angry?

Be clear about what beliefs are important?

Be able to argue without getting angry?

Have a range of different skills to deal with frustration?

ENABLING YOUTH

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FOR MORE INFORMATION

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