

Who are Sycamore?

We are a local charity offering a confidential and professional counselling service for adults and young people from throughout Nuneaton, Bedworth and the surrounding areas.

All of our counsellors are trained or have placements with us and are clinically supervised in line with the most appropriate regulatory body.



Is this course available to me?

People are recommended to our service from

- GPs
- Health services
- Support Groups
- Social Services
- Schools and Colleges
- Friends and Colleagues

or self refer after seeing our publicity.

Sycamore Counselling Service



Sycamore Counselling Service has been working in the community for many years. We are a general counselling service based near Nuneaton town centre.

For further information and the time and location and to book place on this course please ring:

024 7674 4544

There is normally someone available to take your call between

9am and 1pm

otherwise there is an answering machine available for you to leave a message

Sycamore Counselling Service
12 Riversley Road
Nuneaton CV11 5QT

Tel: 024 7674 4544

Email:

reception@sycamorecounselling.org.uk

Registered Charity No: 1137623 Company No: 7223795

Warwickshire Counselling Centre

trading as

Sycamore Counselling Service

Does your anger get you into trouble?



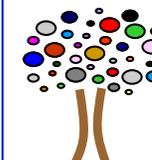
Does your anger affect your relationships?



Would you like help to manage your anger?

Anger Awareness

We are offering a series of 4 workshops exploring the causes and effects of anger, helping you to manage your anger in everyday life



funded by Warwickshire's
Police and Crime
Commissioner, Ron Ball



Anger is a feeling that everybody experiences from time to time. When anger starts to interfere with our everyday lives; with friendships, employment, the community we live in and the people we live with then it's time to do something about it. You are not alone. We developed this course in response to requests from many local people who needed support with managing their anger.



There can be many reasons why our anger gets out of control, for every one of us the triggers will be different. This course will help you to identify what those triggers are and to learn techniques and interventions to help you in your everyday life.

What is this course?

On this course you will learn to recognize the warning signs before you lose your temper. It will help you recognize the things or people that trigger the anger and then give you coping strategies that will help to reduce anger outbursts and eventually enable you to control your temper. Anger is a normal emotion that is only a problem when it harms you or others. This course teaches you how to channel it safely.

How much will it cost?

This course is completely free for all residents of Nuneaton and Bedworth and North Warwickshire. There are also a limited number of places available for free individual counselling following the course.

People who have completed the course say

"Taking the course has and will continue to help me"

"We were not made an example of"

"It gives you an understanding of yours and others anger in everyday life"

"It's worth going, you will learn how to stop and think"

"Go, give it a chance it changes your thinking"

"Found the two tutors very helpful and genuine, pleasant and welcoming, I really enjoyed it"

"If you're worried about your anger then please go on this course it was absolutely fantastic it could save your relationship or even yourself"