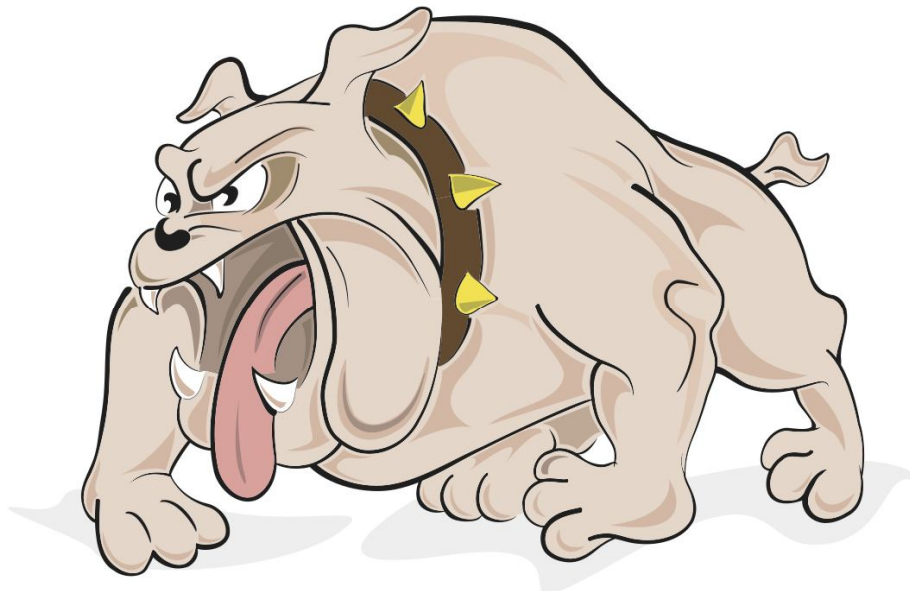

Controlling your anger

A one-day workshop run by the Glasgow STEPS Team

**Do you often lose your temper?
Are you wound up by the least wee thing?
Is your anger a problem at home or work?**



**If this sounds like you, our free
one-day workshop could help.**

**Learn more about why you get angry ...
and what you can do to take control of it.**

The workshop will be run by Carol Richards, Cognitive Behavioural Therapist, and Simon Stuart, Assistant Psychologist.

It will be on **Thursday 29 March**, 10am to 3pm, at the Adelphi Centre, 12 Commercial Road, Gorbals, Glasgow G5 0PQ. Tea and coffee will be provided free of charge. There is a cafe at the Adelphi Centre, or you can bring your own lunch.

**For more details or to book your place
call Mary or Eddie on 0141 232 2555**