

ANGER MANAGEMENT GROUP



Sheffield Mind is running a group at Stocksbridge Community Leisure Centre. Our free 6-week course helps you learn safer and healthier ways to respond to overwhelming feelings like anger, injustice, or frustration.

Free drinks and refreshments will be provided each session.

To book your place on the course or for more information please scan the QR code or talk to a member of staff at the Community Centre.

Scan Me



ANGER MANAGEMENT GROUP

Access **six sessions** of a
free Group

Psychoeducation at the
Stocksbridge Community
Leisure Centre.

A confidential space to
understand feeling
overwhelmed, explore
challenges, and develop
healthier ways of coping
with difficult emotions like
anger, injustice, or
frustration with people who
understand and do not
judge.

Free drinks and
refreshments will be
provided

Getting the Support You Need

Scan the QR code, contact us,
or talk to a member of staff at
the Leisure Centre for more
information.

**The group will run from 12 to
2:30 on the following
Tuesdays:**

Session 1) 29/09/2026

Session 2) 06/10/2026

Session 3) 13/10/2026

Session 4) 20/10/2026

Session 5) 27/10/2026

Session 6) 01/11/2026

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For more information