



Emotional Regulation & Anger Management

Hosted by:

The Nova Scotia Brotherhood

This six-week program is designed to support men of African Nova Scotian/African descent in building practical skills for emotional awareness, personal growth and healthier relationships.

Topics include:


- Understanding anger and its root causes
- Monitoring and managing personal anger responses
- Effective communication strategies
- Counselling and coping skills for everyday challenges
- Emotional and spiritual well-being, including music therapy elements
- The connection between addictions and anger
- Awareness and prevention of domestic violence



Receive a
Certificate of
Participation!

To register, contact Justice:

**only 10 spots available*

 782-641-5641

 justice.awesagah@nshealth.ca

When: May 22 - June 26, 2026
Fridays, 10:00 a.m - Noon

Where: 230 Wyse Road, Dartmouth

