



# S.T.O.P.

**Start Treating Others Positively**

## **Anger Management for Women**

### **Weekly Group Meetings**

Helping women to recognise their own anger signals  
Exploring anger management techniques  
Becoming emotionally articulate

**For Information And Support Contact:**

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**Website: [www.stop-project.org.uk](http://www.stop-project.org.uk)**