



Mind in Enfield

For better
mental health

Anger Management

12 week Anger Management Programme
with Alan Palamountain, UKCP Registered Psychotherapist
and anger management specialist (BAAM)

Every Wednesday 6.30^{pm} - 9^{pm}
Starting 21 September 2011

If you have difficulties with finding positive ways to express anger, this anger management programme may be for you.

If you are interested in attending this course of 12 week sessions please contact Alan Palamountain at Mind in Enfield on 0777 3127902 or e-mail: alanp144@yahoo.co.uk.

Alan charges £250 (first session £30 and then £20 for each subsequent session. Concessions would be agreed on an individual basis (£12.50/£15 each session).

If you would like to discuss any aspects of this programme please contact Alan Palamountain on the above number.

Mind in Enfield

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