



Castle House  
Wheelers Fold  
Wolverhampton  
WV1 1HN



Base office times: weekdays 9am till 5pm

Base drop in times

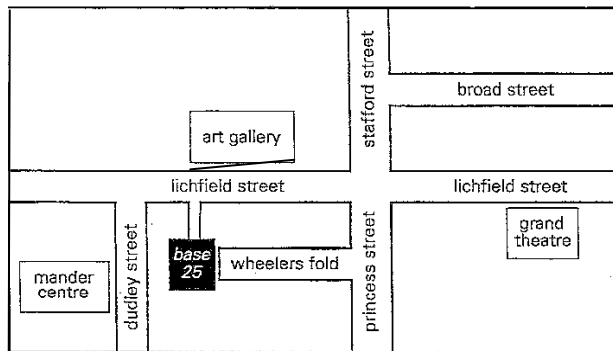
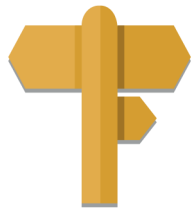
Monday 3:00—6:30pm

Tuesday 3:00—5:00pm (Appointments only)

Wednesday 3:00—5:00pm

Thursday 3:00—5:00pm (Appointments only)

Friday 3:00—5:00pm



[www.base25.org](http://www.base25.org)

Email: [enquiries@base25.org](mailto:enquiries@base25.org)

Tel: 01902 572040

Txt: 07800002222



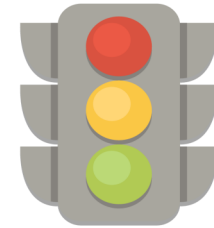
Base25 is committed to the active promotion and support of equality and diversity in the way it organises, manages and delivers services.

The aim of our policy is to oppose and prevent unfair discrimination and to re-address imbalances.



we continue to listen, support and represent young people by providing creative and challenging opportunities and activities that enable their participation and learning to support them in shaping their lives.

# Anger Management.



your questions answered

## What is ANGER MANAGEMENT?



The Overall aim of our  
Anger Management  
programme is to  
improve the ability of  
young people aged 7-18

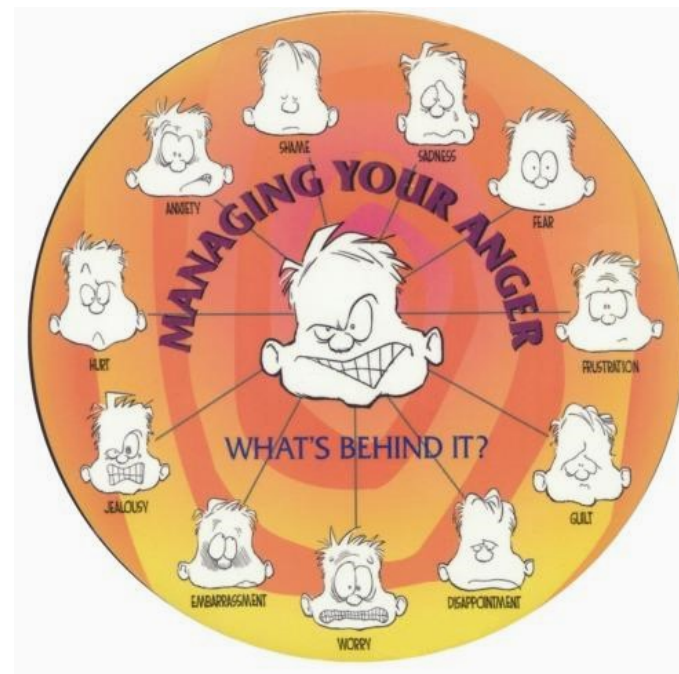
### Specific aims

- To increase self esteem
- To increase self-confidence
- To increase emotional resilience
- To increase knowledge around resolving conflict
- To increase self awareness and sense of identity
- To improve young peoples ability to make positive choices

### Areas of activity

- Offer structured group work programmes
- Provide one to one sessions
- Provide opportunities for personal and social development
- Involve young people in setting their own goals
- Provide opportunities to reflect on decision-making
- Provide positive role models
- Provide opportunities for young people to talk

There is a cost for this service, for more  
information contact Base 25 using the detail on the  
back of this leaflet



*He is much calmer at home and  
school now, he thinks about the  
after effects*

*I think before I react*

If your not happy with the service for any reason,  
Complete a feedback form for the comments box,  
contact us through our website [www.base25.org](http://www.base25.org) or if  
you are unhappy with the service complete a  
'State your Case' form