

# Fire Within: Exploring the Many Faces of Anger

February 27, 2025

1:30-2:30pm MDT

Anger is a multifaceted emotion that carries deep personal, cultural, and historical significance. This presentation takes a closer look at the nature of anger—what it is, why it arises, and how it manifests in different contexts. By examining anger through psychological, cultural, and traditional lenses, we aim to deepen our understanding of this powerful emotion and its role in our lives and communities.



## Learning Outcomes:

- Anger is a natural and complex emotion
- Cultural and historical contexts shape anger
- Anger has many faces
- Understanding anger fosters connection and insight

## Speakers:

Tyrone J. Powell, MACP Intern, BComm, iMentalHealth, Intern Counsellor



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Target Audience: Youth and adults looking for a better understanding of the emotions that may be influencing them

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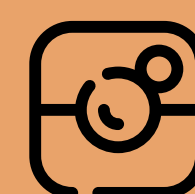
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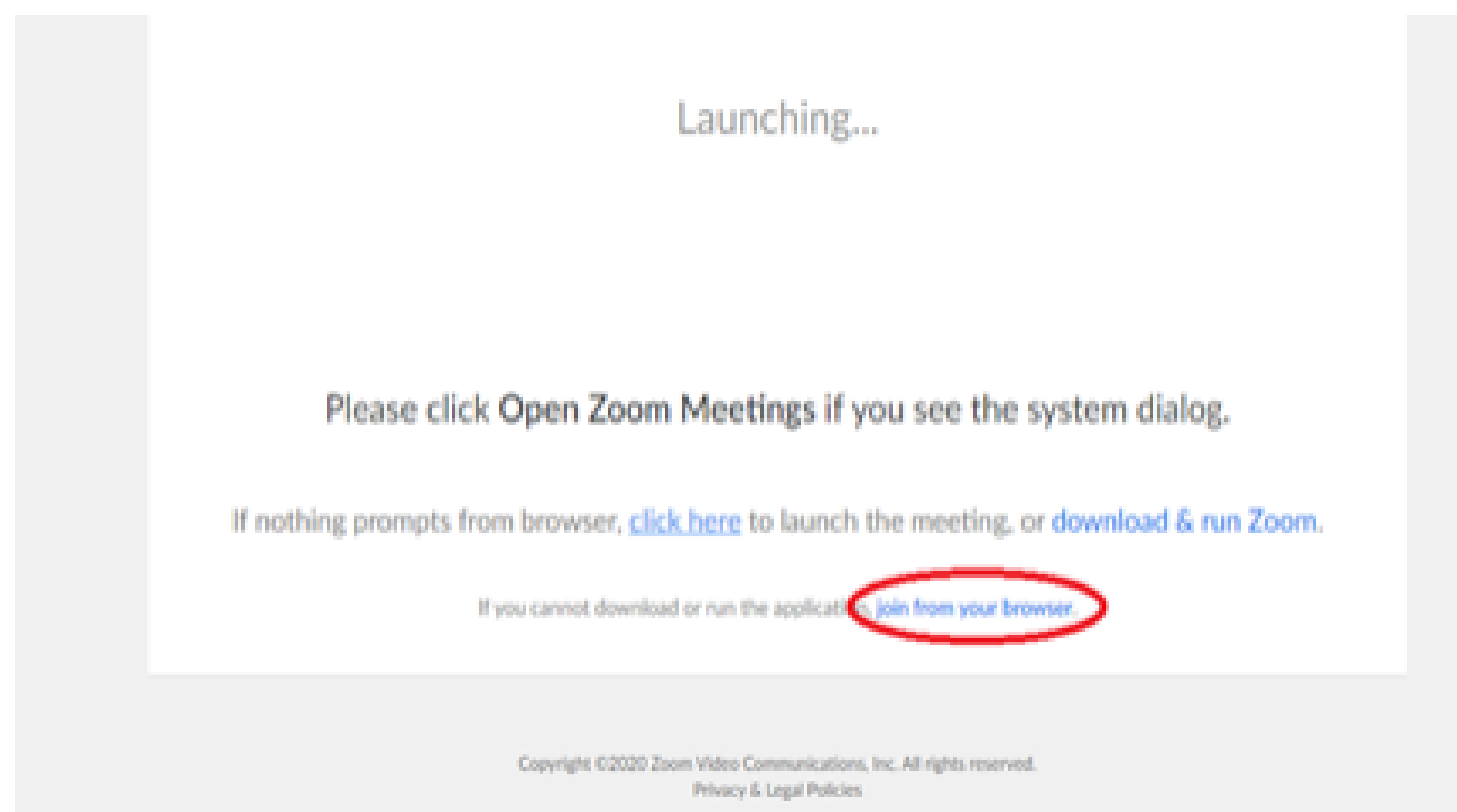
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