

From Fire to Flow: Managing Anger with Compassion and Growth

March 20, 2025

10:00-11:00am MDT

Anger, when understood and channeled, can become a powerful tool for growth and transformation. This presentation explores practical strategies for managing anger, cultivating self-compassion, and fostering healing in personal and community contexts. Through a blend of psychological techniques and traditional wisdom, we'll discover how to navigate anger with care and turn its energy into a force for positive change.



Learning Outcomes:

- Anger can be managed and transformed
- Self-compassion is key to healing
- Healing is a journey, not a destination
- Cultural and traditional practices can guide healing

Speakers:

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



iMentalHealth.ca



Target Audience: Youth and Adults looking to understand how to recognize and manage their anger

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21926>

To access this session from zoom:
<https://fntn.zoom.us/j/89840090558>
Meeting ID: 898 4009 0558
Passcode: 700693

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 898 4009 0558
Passcode: 700693

• • • • •
First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FIRSTNATIONSTELEHEALTHNETWORK

To join via internet browser

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 898 4009 0558

3. Passcode: 700693

4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 898 4009 0558

3. Passcode: 700693

4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

7. You will now join the webinar, by default all attendees of the webinar are muted.