# 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:

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

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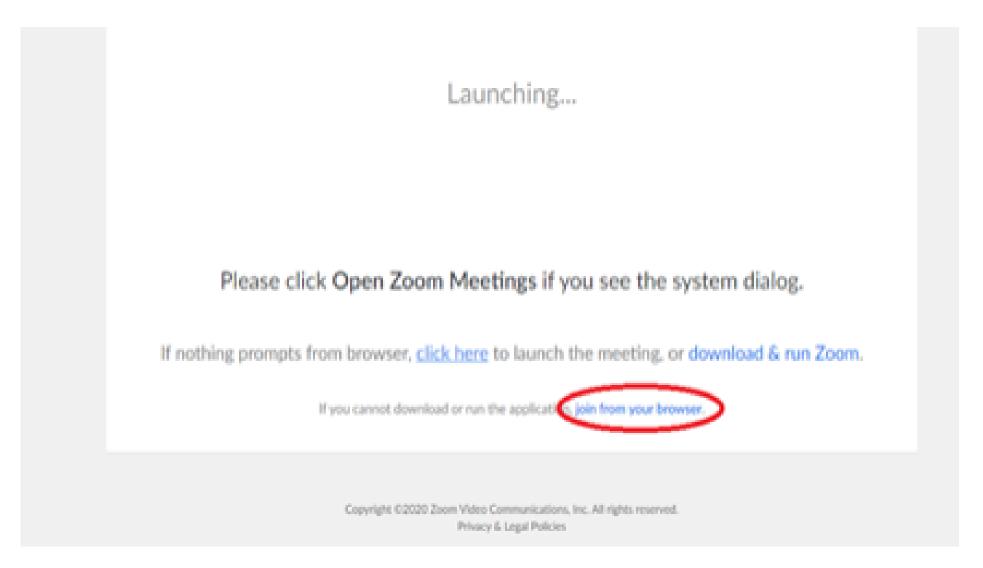
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