

De-escalating A Crisis

March 11, 2015

- Personal Triggers and Provocations
- Early Warning Signs
- Factors Influencing Crisis and Anger
- Assertive Communication
- Setting Limits
- Crisis Escalation Spiral



Free of Charge

Pre-registration Required

When : Wednesday, March 11, 2015

6:30 p.m. - 9:00 p.m.

Where : Canadian Mental Health Association

1 Blue Springs Drive, Waterloo

Registration : Laura McShane (519) 744-7645 ext. 3041



Canadian Mental
Health Association
Waterloo Wellington Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington Dufferin

A Family Initiatives
Project Event