

# Biidaaban Healing Lodge

## Anger Solutions Registration Form

The Anger Solutions is a five day program that provides participants with the necessary knowledge, skills and attitudes required to understand the effects of unresolved anger on the individual, family, community and nation. This program will educate and empower participants to make the right choices about their anger. The program encourages individuals to take responsibility for one's feelings and actions versus laying blame on outside influences. Individuals experience an increase in their ability to identify the precursors to their own anger, and will be able to make conscious choices both before anger escalates, and in situations of escalated anger. Successful completion of the program provides individual's with increased self-esteem, decrease or discontinuation of drugs and alcohol as self medication, self reported improvement in the overall quality of their lives and a significant decrease in physical ailments and physiological effects of stress.

Contact Information
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Name: \_\_\_\_\_

First Nation/ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City / Postal Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax#: \_\_\_\_\_

**Email:** \_\_\_\_\_

Registration Options
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Please forward registration form to Simone Desmoulin at:

Biidaaban Healing Lodge  
P.O. Box 219, Hwy 627  
Pic River First Nation  
Via: Heron Bay, ON P0T 1R0  
Tel: 807-229-3592  
Fax: 807-229-0308  
Email: [smdesmoulin@biidaaban.com](mailto:smdesmoulin@biidaaban.com)

Registration forms must arrive at our office four weeks prior to an Anger Solutions program.