
FACILITATOR'S GUIDE

Beyond Anger and Violence+

A PROGRAM FOR WOMEN
AND GENDER-DIVERSE PEOPLE

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MATERIALS NEEDED FOR EACH SESSION

Orientation Session

- Name tags
- A music player and relaxing music
- Participant workbooks and pencils
- A newsprint flip-chart pad, an easel, and felt-tipped pens
- Masking tape
- Facial tissues

(To prepare for the “Five Senses” activity, you may wish to duplicate the Five Senses template found in Appendix 2 on card stock and then cut the cards out so that you can give the cards to the group members to keep.)

Session One

- Name tags
- A music player and relaxing music
- Participant workbooks and pencils
- A newsprint flip-chart pad, an easel, and felt-tipped pens
- Masking tape
- A small squeeze bottle of blue or green food coloring and a clear glass containing water
- A DVD player, monitor, and the *What I Want My Words To Do To You* DVD
- Facial tissues

Session Two

- Name tags
- A music player and relaxing music
- Participant workbooks and pencils