

Dealing with anger to be addressed at Lifetree Café

How to control anger will be discussed at Lifetree Café this coming Wednesday (May 7).

The program, entitled Out of Anger: The Battle Between Self-Control and Out of Control, will feature the filmed story of Jerry Hartman, whose ongoing anger issues led him in and out of prison until he was at last accused of assault with a deadly weapon. "I had this mentality that if you mess with me, you won't do it again," Hartman said. "If you beat me, you won't do it again because you're going to pay. When I was around people, I wanted them to fear me."

Participants will discover what practical tools helped Hartman discover how to control his anger and transform his life.

The program will run from 7 to 8 p.m., and admission will be free. Snacks and beverages will be available.

Lifetree Café is at St. James' Anglican Church, 6025 Old Church Rd., Caledon East.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting.

Questions about Lifetree may be directed to Mark Tiller at 905-584-8506 or mark.lifetree@gmail.com