



ISLAMIC INSTITUTE OF TORONTO

FRIDAY NIGHT FAMILY PROGRAM

Anger and Islam: Managing Anger and Moving Towards Resolution

This introductory workshop will look at Anger and an Islamic perspective. We will look at how anger works and how we can identify markers on the way to losing control. We will consider alternatives to anger and violence and how we might start to resolve conflicts.

The workshop will be interactive and participants will be invited to give feedback and input.

FRIDAY, JANUARY 13

6:30 – 8:00 P.M.

FACILITATOR: Chaplain Michael AbdurRashid Taylor

Chaplain Michael AbdurRashid Taylor has worked as a Mental Health Professional and Organizational Development Leader for 15 years. He holds a Master of Theological Studies degree from Regis College of the University of Toronto and is a graduate of the Rotman School of Management's Leadership Development Program. AbdurRashid has held varied positions including Manager of Spiritual and Religious Care at the Centre for Addiction and Mental Health. Currently, his consultant work includes Diversity, Religious Accommodation and Anger Management Solutions. He is Managing Director of Rashid Taylor Consultants (michael@rashidtaylor.com) and Director of Islamic Chaplaincy Services Canada. He is currently the Regional Manager for Southwest Ontario Multifaith Committees with the Ontario Multifaith Council and Coordinates the Canadian Certificate in Muslim Studies at Emmanuel College of the University of Toronto.

