



Anger Management Classes

Up to 52 Weeks (*12-week minimum)

Class Information

WHEN:

Every Tuesday 6:30 – 7:30p.m.

All sessions are held on Zoom videoconferencing.

Participants must participate with both audio and video.

Fee: \$30 per group session

\$55 one-time registration fee (includes workbook)

Communication is important:

Develop communication skills and listening techniques to enhance interpersonal relationships.

Stress is a Step toward Anger:

Too much stress can make us ineffective, troubled, and even sick. Because of these negative consequences we have devoted several lessons to coping with stress management.

Anger is a Primitive Emotion:

Anger often leads to violence or aggression, we identify “situational anger” that consistently results in angry responses and can lead to aggressive behavior. Learn coping skills to handle anger and other feelings.

Emotional Intelligence:

Learn to sense the mood of persons with whom you interact and respond in ways to improve, rather than impede, positive interactions.

