



THE MEN'S CENTER

A Place for Healing, Mindfulness, & Possibilities

Presents

Anger Management: Regaining Control

Learn useful and straightforward methods to help you address destructive thoughts and behaviors associated with anger

A forum series of six (90 - minutes)
psycho-educational discussion meetings.

The forum is specifically geared towards non-court ordered clients.

Topics discussed:

- Recognizing your style of anger (and their subgroups).
 - Hidden anger
 - Explosive anger
 - Chronic anger
- Defining if it is really anger.
 - Aggression
 - Rage
 - Resentment
 - Depression
- Identifying "thinking errors" that trigger your anger.
- Expanding your skills to self-soothe and communicate your thoughts and needs more effectively.

For more information regarding dates/time or to register
please contact THE MEN'S CENTER