

Total Life Counseling Center presents . . . Anger Management Groups



- ◆ Define Anger
- ◆ Manageable Steps to Controlling Anger
- ◆ Simple Anger Management Exercises
- ◆ Thinking Differently
- ◆ Communicating More Effectively
- ◆ Problem Solving
- ◆ Expressing Anger Appropriately
- ◆ Coping Skills & Support
- ◆ Using Humor

Court Referrals are accepted
Call Today to set up a screening.

Alan Davidson, MA, IMH
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Thursdays 6pm-7pm/ \$20 per session (not including screening)

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