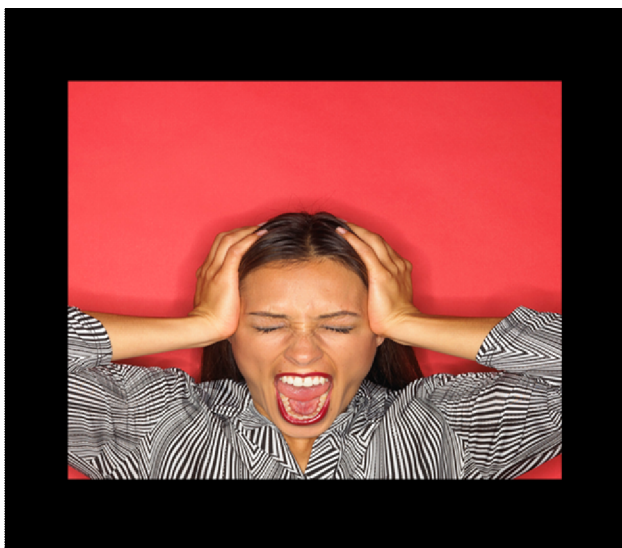


# ANGER MANAGEMENT

1507 South Hiawasse Rd. — Suite 101 — Orlando, FL 32835



## 8 Hour Class

**Date:**  
**On Saturdays**

**Time:**  
9:00am—5:30pm  
1 hr lunch break

**Cost: Pre-Payment of  
\$89.00 secures your seat**

**Certificates Provided Upon**

## WORKSHOP OUTLINE

- **Understanding Anger**
- **Personal Anger Responses & Interventions**
- **Anger as an Emotion**
- **Conflict Resolution**
- **Personal Responsibility**

*"I learned a lot from the class, and I am already seeing results as I am applying some of the techniques and tools to control how I react." - Jay*

## THE PURPOSE

**Anger is an emotional state with varying degrees of intensity and consequences. By handling situations more effectively, group members will experience many positive benefits in their lives.**

*"Facilitators made it fun and interactive. Will recommend it to other friends."  
- TLC Client*



Phone: 407-248-0030  
Fax: 407-248-0226  
info@TotalLifeCounseling.com  
www.TotalLifeCounseling.com



***Court Referrals Accepted***

