

ANGER SERVICES

TOTAL LIFE COUNSELING CENTER



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.

Adult 8 Hour Anger Management Workshop:

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

Certificates provided upon completion.

Court Referrals Accepted.

\$89.00 to secure your seat.

Teen Anger Management Classes:

- Anger Management Skills & Techniques
- Recognizing Stressors
- Responding Instead of Reacting
- Adjusting Expectations
- Retreat & Think Things Over

Certificates may be provided

Tuesdays, 6:00PM-7:00PM

\$30.00 per group session



1507 S. Hiawassee Road, Suite 101

Orlando, FL 32835

Satellite Locations: Winter Park, Clermont,
& East Orlando

Phone: 407-248-0030

Email: info@totallifecounseling.com

Web: www.totallifecounseling.com