

TEEN ANGER MANAGEMENT

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



Weekly Class

Day:
Tuesday

Time:
6:00PM-7:00PM

Cost:
\$30.00 per session

**Certificates Provided
Upon Completion**

WORKSHOP OUTLINE

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

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.



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



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