

2 Part Series:

Anger Management Program

Dates and Time: Oct. 1st & Oct. 15th 9am-1pm

In two days (10 Hours) - a completed course

Qualified Professional Facilitators

Certified Upon Completion



Things you will learn:

- **Tips and Tools for expressing healthy anger**
- **Understanding your triggers**
- **Thinking, feeling, and behaving differently in response to anger**
- **Strategies for change**
- **Developing and practicing coping skills**
- **Regulating emotions- being in control of you**
- **Healthy conflict resolution**
- **Open communication**

FOR MORE INFORMATION

OR TO SIGN- UP, PHONE OR TEXT:

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