NEW BEGINNINGS
COUNSELING CENTER

ANGER MANAGEMENT

ANGER MANAGEMENT CLASSES
12 WEEKS BEGINNING June 28TH EVERY Monday
FROM 4:00-5:30 PM ON Zoom
$20 PER SESSION
SIGN-UP NOW BY CALLING 805.963.7777 EXT #108

NBCC's 12-Week Anger Management Psychoeducational Group will be facilitated by Diane Eardley and Amanda Clapp. A completion certificate will be provided to participants at-tending all 12 weeks of the program. This course meets the requirement for court-mandated anger management classes.

Classes will cover:

- What causes anger?
- What is it trying to tell us?
- When does it become a problem?
- Power and control
- Triggers and Cues
- Substance and Anger
- Effective Communication
- Assertive Expression
- Coping Mechanisms
- Cognitive Distortions
- Relaxation techniques

- **Is your relationship suffering from your angry outbursts?**
- **Is your job in jeopardy because of your anger?**
- **Have you experienced road rage?**
- **Are you required by law to attend anger management classes?**

Anger Management classes can help! Learn how to manage your anger today.

Do you think you have a problem with anger?

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