



# NEW BEGINNINGS COUNSELING CENTER

## ANGER MANAGEMENT CLASSES

12-WEEK ANGER MANAGEMENT CLASSES

BEGINNING AUGUST 16TH

WEDNESDAYS, 6:10-7:40 PM

\$20 PER SESSION

SIGN-UP NOW CALL 805-963-7777 X121



The 12-Week Anger Management Psychoeducational Group will be facilitated by Emily Pariseau and Dabrina Wells. A completion certificate will be provided to participants attending all 12 weeks of the program. This course meets the requirement for court-mandated anger management classes.

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

Anger Management Classes will help you to manage your anger.

New Beginnings Counseling Center  
324 E. Carrillo Street, Suite C  
Santa Barbara, CA 93101  
805-963-7777 [www.sbnbcc.org](http://www.sbnbcc.org)

Classes will include information on:

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

Do you think you may have a problem with anger?

Call now

805-963-7777  
Ext 121

