

How to

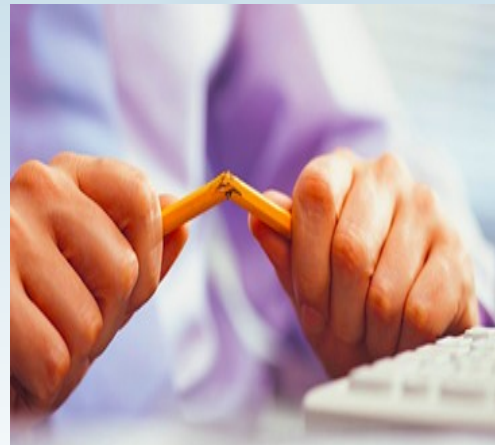
Manage Anger & Conflict

Does anger scare you? Do you sometimes 'go overboard' in your reactions?

Do you have trouble expressing your needs when irritated?

Through this class you will:

- Understand triggers & reactions to day-to-day events
- Learn how to separate angry feelings from angry behavior
- Explore ways of expressing anger in a healthy way
- Recognize how your anger affects your relationships
- Develop skills to reduce stress and deal with conflict



What others have said about the class:

Very valuable! Has helped me in my relationship. I am now able to identify specific emotions and use the tools I have learned to keep my anger in check. I use the strategies from the assessment and seek feedback from others now.

2021

MARCH 18 - APRIL 22 MAY 20 - JUNE 24

EVERY THURSDAY 5:30-7:30 FOR 6 WEEKS

VIRTUAL CLASSES BY WAY OF ZOOM

Register online at:

plumasruralservices.org/Anger-Management

For more information contact: Angela Hauner

Email: ahauner@plumasruralservices.org

Phone: 530-283-2735 ext. 817

Class fee: \$375

Due before 1st class \$150

The remaining \$225 fee

to be paid before end of program

