

How to

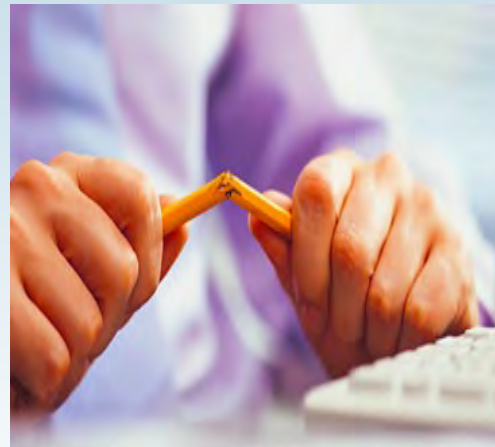
Manage Anger & Conflict

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.

2019

SPRING

MAR 26 - APR 30

AUTUMN

SEP 17 - OCT 22

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

PLUMAS RURAL SERVICES, 711 E. MAIN ST., QUINCY

Register online at:

<https://www.plumasruralservices.org/am>

For more information contact: Tammy Masters

Email: tmasters@plumasruralservices.org

Phone: 530-283-2735 ext. 882

Or visit: www.plumasruralservices.org

Registration fee: \$45

Weekly fee: \$55

*Registration and first weekly fee
to be paid before start of program*

