

# ANGER MANAGEMENT

DO YOU FEEL LACK OF CONTROL?

DO YOU KNOW HOW TO COMMUNICATE EFFECTIVELY?

DO YOU NEED TO LEARN HOW TO MANAGE YOUR FEELINGS?

**THIS GROUP CAN HELP!**

**CLASSES START IN OCTOBER**

**EVERY THURSDAY FROM 6:00PM-7:30PM**

**IN THIS TRAINING, YOU WILL LEARN:**

- **HOW TO UNDERSTAND AND MANAGE POSITIVE AND NEGATIVE FEELINGS**
- **HOW TO COMMUNICATE OPENLY AND EFFECTIVELY**
- **HOW TO GET CONTROL BACK**
- **CONFLICT RESOLUTION**

**UNDERSTAND THE DIFFERENCE BETWEEN THE COMMUNICATION STYLES AND WHERE YOU ARE AT!**

**CONTACT ME TO SIGN UP OR FOR MORE INFORMATION:**

**JESSICA WHIZIN, MA**

**BRIGHTSIDE COUNSELING SERVICES**

**303.353.9226**

**BRIGHTSIDECOUNSELING@YAHOO.COM**

**LOCATION:**

**2855 NORTH SPEER BOULEVARD  
DENVER, CO 80211**

**FEE:**

**\$30.00 PER PERSON**

**[WWW.BRIGHTSIDECOUNSELING.NET](http://WWW.BRIGHTSIDECOUNSELING.NET)**

