

COMPASS

Family and Community Services

MANAGE YOUR ANGER

Find Calm, Gain Control, Live Free

Our 6 week program:

- Understanding Anger
- Identifying Triggers & Early Warning Signs
- Cognitive Restructuring & Reframing
- Self-Care, Mindfulness, and Relaxation Defined
- Relaxation Techniques & Coping Skills
- Communication Skills & Assertiveness

The Basics:

- **Advance registration is REQUIRED.**
- Group will meet every Tuesday, 10-11:30am, for a 6 week cycle. **Schedule given after registration.**
- Attendance to all 6 sessions is mandatory for a certificate of completion.
- This is an Open Group (*but advance registration and intake required*).
- If you miss a session, you can wait for the cycle to repeat and make it up.

To Register:

330.394.9090

www.COMPASSFamily.org



Materials provided.