



Hope for Healthy Families
Counseling Center

Anger Management Class

Allow yourself to grow and change. Your future self is waiting.



Friday evenings on-going – Teens and Adults

Starting September 11, 2020
6:00-7:15 p.m.

\$30 per class and \$20 for the book

- Understand and manage anger
- Increase empathy
- Learn assertive communication
- Learn listening skills
- Increase emotional intelligence
- Learn stress management
- Counter angry thoughts
- Identify healthy and unhealthy beliefs
- De-escalate arguments
- Develop healthy relational skills
- Letting go and forgiveness

Hope for Healthy Families Counseling Center
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Tina Grantham, Marriage Family Therapist Trainee and Certified Anger Management Trainer
Co-Therapist, LaRae Bratcher, Marriage Family Therapist Trainee
Supervised by Dr. Regina Isabel K'Burg, Licensed Marriage and Family
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