



# 2021 Anger Management Class

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

**Adults and Teens welcome**

**Wednesday evenings**

**6:00-7:30 p.m.**

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

**Hope for Healthy Families**

**Counseling Center**

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**Fairfield, CA**

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- 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



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