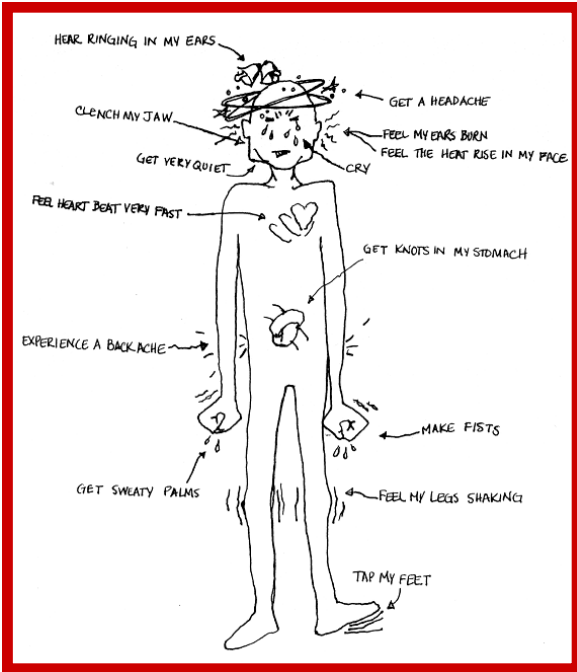


**Do you experience any of these anger cues?**



Everyone gets angry.

Anger is a normal emotion and when managed properly is not a problem. Anger can be used to express strong emotion and deal with difficult situations.

However, if your anger is expressed in harmful ways, or persists over a long period of time, it can lead to problems at home and work, and effect the overall quality of your life.

Anger can also be related to other problems such as a brain injury, mental health issues, or drug and alcohol use. It is important to get professional help to eliminate these problems.



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*Our Mission: To strengthen families and communities through counseling, education, community building and advocacy.*

**Family Services is an  
Equal Opportunity Employer &  
Service Provider**

# Anger Management Program



***Getting Back in Control...***

A program of



*Partners in Strengthening Families & Communities*



# Anger Management Program

## Each week, you'll learn more about:

- Identifying Your Anger
- Problems Anger Causes
- Uncontrollable Anger
- Managing Your Anger
- How Anger Can Help
- Where Conflict Starts
- Resolving Conflict
- Diffusing Anger



## WHAT IS ANGER MANAGEMENT?

Anger management is about understanding your anger and why it happens, and learning and practicing better ways of expressing anger. Anger management is about knowing the triggers and early warning signs of anger, and developing skills to calm down and manage the situation before it gets out of control.

## WHY MANAGE ANGER?

Anger is not usually a good solution to problems, even if it seems helpful in the short term. People with poor anger management are more likely to have problems with personal relationships or work. They engage in verbal and physical fights, and are more likely to be depressed, have low self-esteem, and drug or alcohol problems.

## Some Basic Answers About Anger

### WHAT IS ANGER?

Anger is an emotion that can range from mild annoyance to intense rage. It is a feeling that is accompanied by biological changes in your body. Angry behaviors include yelling, throwing things, criticizing, ignoring, storming out and sometimes withdrawing and doing nothing. Anger can lead to violence if not properly controlled and some people use anger as an excuse for being abusive toward others.

### WHY DO WE GET ANGRY?

Anger is often associated with frustration. Things don't always happen how we want and people don't always behave how we think they should. Anger is usually linked to negative emotions or is a response to them. You may be feeling hurt, frightened, disappointed, worried, embarrassed or frustrated, but express the feelings as anger.

### WHEN IS ANGER A PROBLEM?

Anger becomes a problem when it creates trouble for you with other people, work, health, everyday living or the law. Anger is also a problem when others around you are frightened, hurt or feel they cannot express their thoughts or disagreements without making you angry.

### SIGNS THAT ANGER COULD BE A PROBLEM:

Anger involves verbal, emotional or physical abuse;  
You feel angry a lot of the time;  
People around you are concerned about your anger;  
Anger is leading to relationship or work problems;  
You feel like you have to get angry to get what you want;  
The anger is bigger than the event that set it off;  
You are anxious or depressed about your anger;  
You use drugs or alcohol to try to deal with your anger;  
Anger lasts a long time, and well after the original event.

## About Our Class

Anger Management class meets once a week in the evening for eight (8) weeks.

Classes are held continuously throughout the year.

Classes are conducted in small groups to encourage participation and open discussion.

There is a fee for the classes.

Please call the office for more information about tuition.

*Please note: a certificate of completion is provided for those who complete all of the course requirements.*



*Get Back in Control of Your Life.  
Call Us Today!  
937.222.9481*