

A 12-Step Program to help you. . .

Understand how unmet
needs feed anger.

Realize how emotions
influence anger.

Learn healthy ways to
express & control anger.

The Anger Management Seminar
is part of our
Growth & Healing Series.



THE GREATER NASHUA
GROWTH & HEALING CENTER

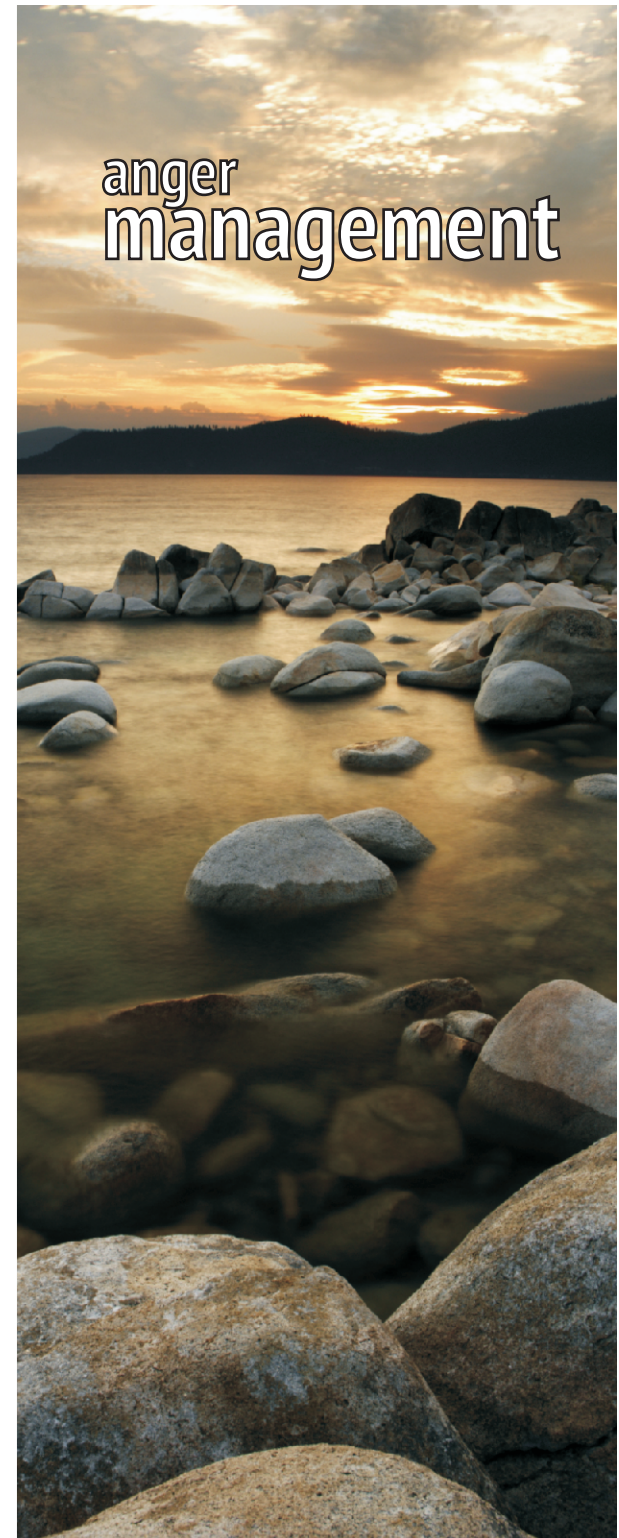
For more information on
this and other classes offered,
please call
(603) 883-8273 x 114



THE GREATER NASHUA
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8 Franklin Street | Nashua, NH 03064 | (603) 883-8273 x114

anger management



Anger Management Seminar

anger
management



Don't Let Anger Take Control

Most people stereotype anger by assuming that it always results in shouting, slamming fists, or throwing things. However, anger is not one dimensional.

In fact, all of the statements below represent feelings of anger:

- "When displeased with someone, I shut down any communication and withdraw".
- "I get very tense inside as I tackle a demanding task".
- "I feel frustrated when I see someone else having fewer struggles than I have".
- "There are times when my discouragement just makes me want to call it quits".

We all deal with anger in our lives

Whether it be in a subtle or violent manner, we all deal with anger. Being angry can involve such emotional expressions such as frustration, irritability, annoyance, aggravation, blowing off steam, or worrying. The good news is anger can be managed.

In *The Anger Workbook*, Les Carter, Ph.D., and Frank Minirth M.D., offer a unique interactive program that will help you:

- Identify the best ways to handle anger.
- Understand how pride, fear and loneliness feed your anger.
- Uncover and eliminate the myths that perpetuate anger.
- Identify learned patterns of relating, thinking and behaving that influence anger.

If you are interested in attending the *Anger Management Seminar*, please contact us for registration information.

(603) 883-8273 x114
growthandhealing@gmail.com

The Details:

There is no cost for this seminar. The text, *The Anger Workbook*, will be available for purchase on the first day of class by each participant. The cost is approximately \$20.

Pre-registration is required as class size is limited. No one will be admitted to the seminar after the second session has been completed.

This program requires a commitment on the part of the participants to:

Attend each session
Complete the required reading
Complete required exercises
Write in a journal