



www.CenterforRelationalChange.com

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Anger Management and Support Group

Anger is a powerful emotion with a lot to teach us about how to honor ourselves and others through communication, personal boundaries, and ensuring that our needs are met.

However, without a healthy relationship with anger itself, life can spiral out of control, with serious consequences for ourselves and those around us.

The Anger Management and Support Group will help participants:

- Gain knowledge on how anger works in your body's physiology
- Learn techniques for a healthy connection with your anger
- Explore the brave message your anger is trying to send you
- Build skills to increase your freedom in responding to your anger
- Use what you learn from anger to change its role in your life & relationships

Fee \$5.00. Please call 412-301-5221 for more information.

