

ANGER MANAGEMENT I & II 2004 WORKSHOP SCHEDULE

ANGER I
0830-1200

ANGER II
1300-1600

CLASS DATES

MAR 12
APR 9
MAY 14
JUN 11
JUL 9
AUG 13
SEP 17
OCT 15
NOV 19
DEC 10



Workshops located in Bldg. 302.

ANGER MANAGEMENT WORKSHOP PART I:

This 3.5 hour workshop is directed at identifying behavioral styles of anger, problematic areas, triggers, possible consequences of actions, and coping/de-escalation techniques for individual application.

ANGER MANAGEMENT WORKSHOP PART II:

This 3.0 hour workshop is directed at identifying areas in a relationship that prompt conflict (internal/external), emotional reactions and possible consequences from them, and techniques that may be used in resolving conflict.



WE TAKE CARE OF OUR OWN...

Workshops are offered by the
Community Counseling Center
Please call 451-7285
or 451-8879 to enroll.

