

New England Anger Management

NEangermanagement.com PH: 603-819-8679

WHO SHOULD ATTEND:

For all desiring to control anger!

NH and MA court approved program

COST:

Intake/registration/deposit: \$80
(Prior to workshop)

Two-day workshop: \$240

(\$320 total fee for intake and all 8 sessions)

FACILITATOR:

Rev. Philip Meher, MA, M.Ed, LCMHC
Clinical Mental Health Counselor

Topics We Explore Together:

The 3 Goals of Anger Management
How to Keep Your Personal Power
How Anger & Other Emotions Relate
Building Good Self-Reflection Skills
Keeping What's Good About Anger
The Anatomy/Physiology of Anger
11 Anger Styles
Many Underlying Causes of Anger
Thinking Distortions That Fuel Anger
Anger's Bad Habit: Controlling & Blaming
Defusing Anger By Managing Stress
Building Active Listening Skills
Building Conflict Resolution Skills
Explore Forgiveness: Manage Bitterness

Retreat! Relax! Return!

- 8 Session VIRTUAL/Zoom -

2023 Anger Control Workshops

Three 8-week Saturday AM Sessions in 2023:

Begins: **January 21 * April 1 * September 9**

9:00 AM - 10:30 weekly for 8 weeks

Live Video Sessions

CALL TODAY TO REGISTER: 603-819-8679

