

WHO SHOULD ATTEND:

For all desiring to control anger!

NH and MA court approved program

Co-ed, intergenerational

COST:

Intake/registration: \$80

(Before workshop, 1-hour session)

Two-day workshop: \$220

(Snacks & Lunch provided)

FACILITATOR:

Rev. Philip Meher, MA, M.Ed, LCMHC

Clinical Mental Health Counselor
Certified Anger Management Trainer
NH License: 1072

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

New England Anger Management

NEangermanagement.com

PH: 603-819-8679

Retreat! Relax! Return!

- Two-Day -

Anger Control Workshop

December 1 - 2 * 2018 (Saturday-Sunday)

8:00 AM - 4:30 PM each day

Hampton Inn & Suites

106 Bank Road, Haverhill, MA 01832

CALL TODAY TO REGISTER: 603-819-8679

NEangermanagement.com

