

### **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

January 25-26 \* 2019 (Friday – Saturday)  
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

