

WHO SHOULD ATTEND:

For all desiring to control anger!

NH and MA court approved program

Co-ed, intergenerational

COST:

Intake/registration: \$80
(Prior to workshop, 1-hour session)

Two-day workshop: \$220
((\$300 total fee for intake and all 8 sessions)

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!
- 8 Session VIRTUAL/Zoom -
Anger Control Workshop

Begins Thursday March 18, 2021
7:15 – 9:00 PM weekly for 8 weeks

Live Video Sessions

CALL TODAY TO REGISTER: 603-819-8679

NEangermanagement.com

