

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)

3 Session (12 Hour) workshop: \$240

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!

3 Saturday Sessions (12 Hours)

Anger Control Workshop

September 7, 14, 21 (2019) (3 Saturday Sessions)

9:00 AM – 1:00 PM

New England Anger Management Office

One Middle Street, Suite 221, Portsmouth, NH 03801

CALL TODAY TO REGISTER: 603-819-8679

NEangermanagement.com

