

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: \$240
(Snacks & Lunch provided)

FACILITATOR:

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

Clinical Mental Health Counselor, LPC
Certified Anger Management Trainer
NH License: 1072; Maine LCPC,CC5538

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 – In Person

Anger Control Workshop

September 19-20 * 2020 (Saturday & Sunday)

9:00 AM – 4:30 PM each day

American Legion Post #4

1314 Main Street * Haverhill, MA (across from Shaw's, on Plaistow line)

CALL TODAY TO REGISTER: 603-819-8679

NEangermanagement.com

