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# Alexian Brothers Center for Mental Health

## Presents

### *“Controlling Anger Before It Controls You”*

Learn effective coping behaviors to stop escalation and work through anger in healthy ways

#### In this ten week program you will learn to:

- Understand anger dynamics
- Apply new skills, ie. assertiveness, problem solving
- Lower your anger by managing stress
- Change negative self talk
- Convert anger into forgiveness



A ten hour certificate will be given at the completion of this program for court or employer requirements.

For more information, or registration information, please contact Karen at 847-952-7473