



C.O.P.E.

Counseling Options and Parent Education

We Listen. We Care. We Act.

Family
Support
Center

CLASS INFORMATION

WHEN:

Tuesdays

6:30 – 7:30pm

Or

Wednesdays

6:00 – 7:00 pm

WHERE:

C.O.P.E. Family Support
Center via the Zoom
videoconferencing platform

Fee:

\$35 per group session

\$55 one-time registration

fee (includes workbook)

Anger Management Class

(*12 week minimum for certificate)

- **Communication is important:**
Develop communication skills and listening techniques to enhance interpersonal relationships
- **Stress is a Step toward Anger:**
Too much stress can make us ineffective, troubled, and even sick. Because of these negative consequences we have devoted several lessons to coping with stress management.
- **Anger is a Primitive Emotion:**
Anger often leads to violence or aggression, we identify “situational anger” that consistently results in angry responses and can lead to aggressive behavior. Learn coping skills to handle anger and other feelings.
- **Emotional Intelligence:**
Learn to sense the mood of persons with whom you interact and respond in ways to improve, rather than impede, positive interactions.

For questions or to register, contact

C.O.P.E. Family Support Center

(925) 689 5811

www.copefamilysupport.org

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