



C.O.P.E. Family Support Center



Anger Management Classes

This special program is designed to help individuals recognize and manage anger. By gaining a better understanding of self, we will learn to better control our anger so that it does not lead to violent outbursts or actions that are harmful to others.

Up to 52 Weeks (*12-week minimum)

CLASS INFORMATION

WHEN:

Every Wednesday

TIME:

4:30 - 5:30 pm

WHERE:

C.O.P.E. Family Support Center
2280 Diamond Blvd, Suite 460
Concord, CA 94520



- ✚ **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.
- Fee: \$30 per **group** session
\$55 registration fee (includes workbook)

2280 Diamond Blvd., Suite 460, Concord, CA 94520
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