

# Anger Management

*This six-week class focuses on helping participants identify emotional triggers and learning how to respond to them effectively. Participants will learn valuable tools to help manage anger and increase healthy communication.*

- Do you have trouble controlling your emotions?**
- Do you often express yourself aggressively?**
- Do you get easily frustrated?**
- Do those close to you often state that you get angry easily and unexpectedly?**
- Do you often feel misunderstood?**

If anger is controlling your life and reducing the quality of your relationships, this course will assist you in finding simple solutions to managing your anger, frustration and aggressive communication patterns. This course will provide the tools to increase coping skills, reduce expressions of anger and increase your ability to manage conflicts and emotions.

[www.wmttlc.com](http://www.wmttlc.com)

Website currently under construction

## Class Information

**Time:** Classes are available to fit your schedule. Call for group time.

**Cost:** \$10 per person / per session

**Call:** 231-728-2138

\* Certified therapist(s)

\* Classes meet **weekly**

\* Sessions are for **six weeks**

\* Continuing services available upon request

## Registration Information

*For more information or to register, contact West Michigan Therapy:*

**231-728-2138**

[pchandler@wmttlc.com](mailto:pchandler@wmttlc.com)

*or stop in at 130 E. Apple Ave.*