



PO Box 155
256 2nd Ave. SW
Clearbrook, MN 56634
218 776-2789
www.clearwaterslife.org

One-on-one or family sessions
available by appointment between
scheduled classes .
Call 218-776-2789
Tuesday-Friday, 8:30 AM to 5:00 PM.

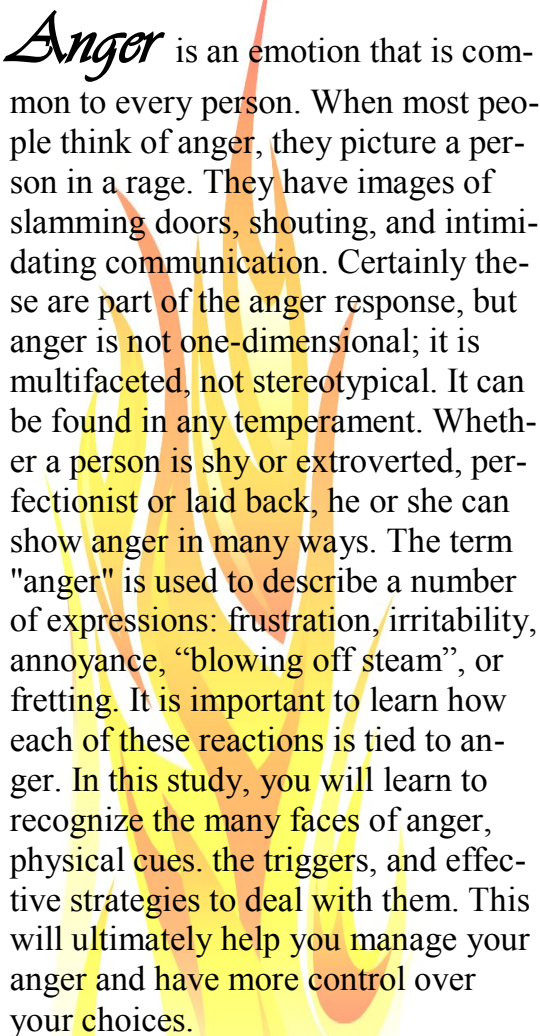
Overcoming Emotions that Destroy

A stylized graphic of a flame in shades of yellow, orange, and red, with a white outline, positioned behind the text.

A six week
Anger Management Class
(Six extra sessions for court ordered
participants)

Mondays, 7:00 PM to 9:00 PM

Second Floor
Clear Waters Life Center
256 2nd Ave. SW
Clearbrook, MN 56634



Anger is an emotion that is common to every person. When most people think of anger, they picture a person in a rage. They have images of slamming doors, shouting, and intimidating communication. Certainly these are part of the anger response, but anger is not one-dimensional; it is multifaceted, not stereotypical. It can be found in any temperament. Whether a person is shy or extroverted, perfectionist or laid back, he or she can show anger in many ways. The term "anger" is used to describe a number of expressions: frustration, irritability, annoyance, "blowing off steam", or fretting. It is important to learn how each of these reactions is tied to anger. In this study, you will learn to recognize the many faces of anger, physical cues, the triggers, and effective strategies to deal with them. This will ultimately help you manage your anger and have more control over your choices.

Our classes consist of a variety of large and small group sessions. Teaching takes place the first hour in a large group, followed by separate, small groups for men, women and teens for the discussion time.

Teaching & Discussion Topics:

- Understanding anger
- Understanding myself
- Early signs of anger
- Examining your own anger
- Triggers
- Dealing with anger
- Breaking the cycle
- You can't do it alone.

Anger Management Class

REGISTRATION FORM:

Register by USPS mail to the address below or call, 776-2789, and leave a message.

Please indicate the class date you will be attending:

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

____ Adult ____ Teenager

____ I have a court order to attend this class
(We will work with you to schedule the extra six sessions.)

Enclose Registration fee:

____ \$10 per individual
____ Plus \$60 for the 6 extra sessions
(if court ordered)

____ Yes, I will need childcare
____ Number of children
Ages of children: _____

Make check payable to: CWLC

Mail to: Clear Waters Life Center
PO Box 155
Clearbrook, MN 56634