

WOMEN AND ANGER MANAGEMENT

WOMEN GET ANGRY TOO

Providing guidance for women to achieve emotional balance in dealing with their anger and to utilize problem-solving techniques to obtain acceptable results.

Designed for women who are:

- Ages 18 to elderly
- Feeling misunderstood or unheard
- Dealing with rejection, resentment or disappointment
- Determined to become self-aware of anger issues

Focus:

- Providing insight into healing of damaged emotions
- Resolving the emotional pain of anger
- Letting go of the past
- Choosing forgiveness
- Learning to be free to be you



What: 8 week Group, Wednesday evenings
from 6:00-7:30 pm.

Next group begins September 19, 2018!

Who: Women 18 and over

Where: Perspectives Counseling Centers
Troy Location
888 W. Big Beaver, Suite 1450
Troy, Michigan 48084

Facilitator: Karolyn Thompson, PhD, LPC

Contact Perspectives Counseling Centers to register: (248) 244-8644

Google Images: Thinking women