

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

8—week group

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

When: Wednesday evenings 6:00 to 7:30pm
Call for current schedule!

Cost: \$320 plus \$40 for non-Perspectives' Clients

Facilitator: Karolyn Thompson, PhD, LPC

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