

UNDERSTANDING ANGER



Topics To Be Discussed

1. What is ANGER?
2. Are you ANGRY?
3. Where does ANGER get you?
4. Controlling your ANGER

An adult class (17 years old and older) to learn the causes and effects of ANGER and how we play an important part in handling ANGER in our home and community.

2010 Schedule

All classes are 4 weeks in duration

Tuesday	July	6, 13, 20, 27	5:30-7:00pm
Tuesday	August	3, 10, 17, 24	5:30-7:00pm
Tuesday	Sept.	7, 14, 21, 28	5:30-7:00pm
Tuesday	Oct.	5, 12, 19, 26	5:30-7:00pm
Tuesday	Nov.	2, 9, 16, 23	5:30-7:00pm
Tuesday	Nov.	30, Dec 7, 14, 21	5:30-7:00pm

LOCATION: Catholic Charities of Jackson County
1522 Joy Ave.
Jackson, MI 49203

COST: \$15.00 a week or you may prepay \$50 the first night

CASH, CREDIT CARD OR MONEY ORDER ONLY, WE DO NOT ACCEPT CHECKS FOR THIS CLASS

REGISTER: YOU **MUST** BE PRE-REGISTERED TO ATTEND

CALL (517) 782-2551

