



PALMDALE

Community Resource Center

ONLINE CLASS: ANGER MANAGEMENT

TUESDAYS

12 p.m. - 1:30 p.m.

REGISTER BY CALLING OUR CENTER AT 213-438-5580

This program will help you learn effective skills, concepts and techniques to stop escalation and to resolve conflicts.

With this National Anger Management Association accredited course, topics and practices are presented in a clear, understandable language and usable for individuals and groups.

WE'LL BE COVERING:

- » Identifying Your Anger and Anger Awareness
 - » Calming and Stress Reduction Techniques
- » Shame, Dysfunctional Thinking and Learning to be Less Critical
- » Conflict Management and Assertiveness Training
 - » Mindfulness

Classes are available for court ordered requirements

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2072 E. PALMDALE BLVD.
PALMDALE, CA 93550



213.438.5580
activehealthyinformed.org



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Community Resource Center

ONLINE CLASS: ANGER MANAGEMENT

WEDNESDAY'S
12:30 p.m. – 2 p.m.

REGISTER BY CALLING OUR CENTER AT 213.438.5580

The Anger Management program uses the Anger Management Essentials workbook which is designed to help people manage aggressive behavior. It teaches active listening skills, which are vital to healthy personal and professional relationships.

WE'LL BE COVERING:

- » Managing Anger with
 - » Determining Root Cause of Your Anger
 - » Identifying Your Anger and Anger Awareness
 - » Calming and Stress Reduction Techniques
- *Classes are approved for court-mandated hours*

*L.A. Care offers certain information, classes, or services (Services) through independent vendors to all visitors of the CRC. Participation in the Services is completely voluntary. Any personal information you share is also completely voluntary, and you understand that L.A. Care is not responsible for maintaining the privacy of any information you voluntarily share. L.A. Care does not make any representations or guarantees about any Service or vendor, and you waive all liability, under any theory of law or equity, for all Services you participate in.

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