

Wednesdays 6-7:15pm

The Anger Management Class

Presented by The Pinnacle Center

Take a step that can make a difference...



Have you experienced difficulty due to a conflict, angry outbursts, or underlying anger?

If so, this class will meet your needs, particularly if you are experiencing personal, family, work, and/or legal problems. In this class, you will learn twelve core skills for managing anger effectively. As you learn new ways to process anger and find peace, you will strengthen your ability to 1) manage stress, 2) defuse anger, 3) communicate respect, 4) resolve conflict and 5) show compassion.

This class includes:

- An initial individual assessment
- Weekly class sessions tailored to meet your particular needs
- Presentation of 12 evidence based strategies for managing anger
- Real life demonstrations of key anger management skills
- An individual outcome assessment of progress
- Referrals for mental health services when needed
- Free relapse prevention sessions
- A formal letter upon graduation with standardized data to document your success.



Whether you are boiling over with anger, stuffing irritations, or just searching for answers, you can benefit on a personal level by taking this class. You'll be surprised by how relieved you feel after your first class session.

MANAGE STRESS

DEFUSE ANGER

COMMUNICATE
RESPECT

SHOW EMPATHY

RESOLVE CONFLICT



Dr. Phil Thorn is a trusted and experienced professional who is highly regarded within the medical, legal, educational, and social service communities. As a Licensed Clinical Professional Counselor, Dr. Thorn is able to draw on his professional training to ensure that the class addresses the particular problems that individual participants are facing. For more information and to register, please contact

Dr. Thorn at
phil@philthorn.com
or at 301-751-5800



In the words of one participant:

"This class covers all angles. It doesn't matter if you are the aggressor or the victim. When anger is mismanaged, we all suffer."

The Pinnacle Center is located at 603 Post Office Road, Suite 210, Waldorf Md. 20602