



# ANGER MANAGEMENT

Anger is a normal human emotion that everyone experiences. However, some people handle their anger better than others. Whenever a person lets anger have control, consequences can be devastating to the person and to others around them.

Anger Management can help you to recognize your anger, reduce your over-all anger responses, and cope with anger in a healthy manner when you do experience it.

**Kids 8 to 13years old on Mondays 4 to 5pm**  
**Teens 14 to 17 years old on Mondays 5 to 6pm**  
**Adults on Mondays 6:30 to 8pm**

## **TO REGISTER**

Please call (936)760-1880

or

Go to our website:

[www.CounselingCenterMC.com](http://www.CounselingCenterMC.com)