

WHY TAKE THE ANGER MANAGEMENT SEMINAR?

Having problems at home, at work, with road rage, in college, with the legal system, etc.?

Whatever your age, high levels of intense emotions combined with difficulty in communication are an indicator of the need for this workshop. The program is designed for adults over 20. 18-20 year olds can be considered on a case-by-case basis.

Some participants are mandated by court, some recommended by employers/schools and some come on their own. In every case, they come to learn how to manage intense emotions.

Anger management is no joke. In fact, very few people ever get taught how to manage anger. As a child, they may be told to go to their room until they settle down, to not come back until they act rationally and yet they are seldom taught that they can actually use anger as an ally to help resolve differences, rather than create them. Sadly, the prevalence of violence in our society is strong evidence for the need for these lessons at large.

HOW YOU WILL LEARN

The 8-week, 12-hour Anger Management Seminar is presented in an educational group format that includes charts, lecture, discussion and worksheets. Class size is limited to facilitate interaction. From session to session, participants have homework assignments to apply new skills. Participants will also receive handouts, a community resource list, and a certificate for completing the course. (Participants are required to complete 7 of the 8 classes to receive the certificate.)

WHAT YOU WILL LEARN

- **Learn different styles of anger:** Examine how people typically deal with conflict.
- **Identify anger responses:** Your triggers.
- **Discover ways to handle anger responses:** Working through your emotions.
- **Social situations:** Simple things we sometimes forget to say or do.
- **Garner conflict resolution styles:** Myriad responses that help resolve differences.
- **Forgiveness:** Why it is important.
- **How to sustain change:** Holding on to what you have learned.

Where is the seminar held?

Anger Management classes are held on evenings from 6:30pm to 8:00pm in our Falls Church Office at
6400 Arlington Blvd, Suite 110
Falls Church, VA 22042

Regular office hours are M-F 9am to 5pm

The road to healing is the road to wholeness.



Anger Management Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Alternate Phone: _____

Email: _____

Date of Birth: _____

Court Referred? Yes No

If yes, court location _____

Other Referral Source: _____

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PAYMENT METHOD: (Circle one)

Money Order

Credit Card

Cash

This payment consists of: (Circle one) Full payment \$225

1st Partial payment \$150

2nd Partial payment \$100

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For credit card payments complete the following:

Name as it appears on the card:

Billing address if different from above:

Card Type: MC Visa Discover AMEX

Card Number: _____

Expiration Date: _____

Security Code: _____

Signature _____

HOW TO REGISTER

Fax your completed registration form (found on the reverse of this page) with credit card payment information to our Falls Church office at **703-237-2083** or mail your registration along with a money order to our Falls Church address.

Payments may be accepted in cash if delivered by hand to our Falls Church office during normal business hours. Space in the class is limited and will be reserved on a first come first served basis and usually fills up fast.

The cost to attend the Anger Management Seminar is \$225 if paid in one installment before the start of class. Two installments can be made consisting of one \$150 payment to reserve the space and an additional \$100 made no later than 7 days before the start of class resulting in a total payment of \$250. Space will not be reserved until full payment is made.

Reasonable accommodations for people with disabilities will be made provided advance notice is given.

If you need to speak with someone about this class or your specific situation, please contact our **intake coordinator at 571-748-2818**.

Refund Policy: No refunds will be issued for cancellations with less than 7 days notice prior to the start of class. All other refunds will be subject to a \$25 administrative fee.

NVFS reserves the right to postpone or cancel the class in the event of under enrollment. (Full refunds will be made only in the event of cancellation due to under enrollment.)



Our Program Office

6400 Arlington Blvd, Suite 110
Falls Church, VA 22042

Phone: 571-748-2800

Fax: 703-237-2083

www.nvfs.org/angermanagement



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10455 White Granite Dr. Suite 100 • Oakton, VA 22124
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Northern Virginia
Family Service

Anger Management Training Seminar

Are you tired of being angry all the time?

Learn to channel your emotional responses into successful interactions...

In this seminar, you will learn how to:

Handle the different styles of anger: Examine how people typically deal with conflict.

Identify anger responses: Your triggers.

Discover ways to handle anger responses: Working through your emotions.

Social situations: Simple things we forget to say or do.

Garner conflict resolution styles: Myriad responses that help resolve differences.

Forgiveness: Why it is important.

How to sustain change: Holding on to what you have learned.

Northern Virginia Family Service

Emergency Assistance • Safe & Stable Housing
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