

VIRTUAL Seminar Details

Office Location: 6400 Arlington Blvd., Suite 110, Falls Church, VA 22042

Times: Mondays from 6:30 to 8 p.m. **OR** Wednesdays from 6 to 7:30 p.m.

Dates: Please contact us at 571.748.2818 or mcir@ nvfs.org for our next start dates.

Cost: \$380 in one installment **OR \$50** minimum down payment and flexible pay as you go

Eligibility: The seminar is designed for adults over 20; 18- to 20-year-olds are considered on a case-by-case basis.

Certificate Requirements: Participants must attend at least 7 of the 8 classes to receive a certificate of completion.



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> 571.748.2818 mcir@nvfs.org

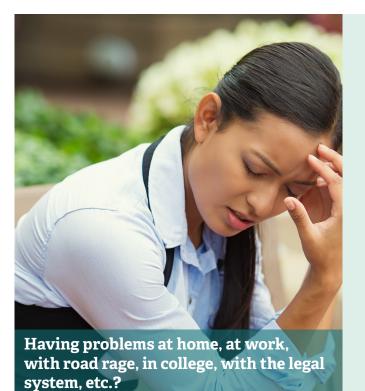
nvfs.org/angermanagement

ANGER MANAGEMENT

8-Week, 12-Hour Virtual Seminar for Adults



571.748.2818 • mcir@nvfs.org



Seminar Topics

- 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

Why You Should Enroll

Few people are ever taught how to manage anger. However, not only can anger be effectively managed; anger management can also help resolve problems, rather than create them. Intense emotions combined with communication difficulties are an indicator of the need for this seminar.

Some participants are mandated by court, some are recommended by employers or schools, and some come on their own.

Participants receive homework assignments to apply new skills, handouts, a community resource list and a certificate of course completion. Class size is limited to facilitate interaction.



full refunds will be made.

How to register: Interested participants are encouraged to call to register: 571-748-2818; otherwise Scan and Email your registration form with payment info to mcir@nvfs.org

Anger Management Registration Form

Name:
Address:
Phone: Email: Date of Birth:
Court-Referred?
Payment Method:
☐ Credit Card
This Payment Consists of: ☐ Full Payment (\$380) ☐ Minimum Down Payment (\$50)
For Credit Card Payment
Cardholder Name: Billing Address if Different from Above:
Card Type:
Signature: