



Learn new skills in communicating with others and managing your emotions

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.



Northern Virginia
Family Service

**6400 Arlington Blvd., Suite 110
Falls Church, VA 22042**

**571.748.2818
mcir@nvfs.org**

nvfs.org/angermanagement



ANGER MANAGEMENT

**8-Week, 12-Hour
Virtual Seminar for
Adults**



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Family Service

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

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.

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



****Refund Policy****

Payment or deposit can be reimbursed to clients only when the client cancels participation before the first day of the group. All refunds subject to a \$25 administrative fee.

NVFS reserves the right to postpone or cancel the class in the event of under-enrollment. Should this be the case, 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? ☐ Yes ☐ No

If Yes, Court Location: _____

If No, Referral Source: _____

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:

☐ MC ☐ Visa ☐ Discover ☐ AmEx

Card Number: _____

Expiration Date: _____ CSC: _____

Signature: _____