



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](mailto:mcir@nvfs.org) for our next start dates.

**Cost:** \$380 in one installment **OR** \$100 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](mailto:mcir@nvfs.org)**

**[nvfs.org/angermanagement](https://nvfs.org/angermanagement)**



# ANGER MANAGEMENT

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



Northern Virginia  
Family Service

**571.748.2818 • [mcir@nvfs.org](mailto:mcir@nvfs.org)**



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](mailto: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 (\$100)

*For Credit Card Payment*

Cardholder Name: \_\_\_\_\_

Billing Address if Different from Above: \_\_\_\_\_

\_\_\_\_\_

Card Type:

MC  Visa  Discover  AmEx

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CSC: \_\_\_\_\_

Signature: \_\_\_\_\_