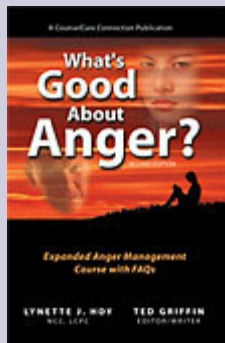


WHAT'S GOOD ABOUT ANGER INSTITUTE

People often believe that anger is a negative emotion from which no good can come. Many religious people think that anger should not be expressed and that such feelings are sinful. This series based on the new expanded edition of "What's Good About Anger?," explores the emotion of anger and how anger – which is part of the human experience – is a force that can be used for good.

Learn about:

- Anger's many faces.
- When anger is helpful or harmful.
- The sources of anger.
- Healthy examples of anger.
- Effective strategies for handling anger.
- How to turn anger into assertiveness, problem-solving and forgiveness.
- Defusing anger through stress management .
- Helpful ways to express anger through empathy and conflict skills.



You, your family, friends and clients will gain a new perspective on anger, how to better manage this often explosive emotion. Most students attend in order to gain control over anger by developing practical skills for effective anger management.

Certificates awarded to those with full attendance.

SATURDAY ANGER MANAGEMENT SERIES OAK PARK, IL

In the book—co-authors Lynette Hoy, NCC, LCPC and Ted Griffin, editor/writer share their family experiences with anger, provide statistics and triggers for anger, address how chronic anger can be costly - physically, emotionally and relationally as well as offer practical skills for managing anger.

These classes will help educate individuals to reduce levels of anger, direct anger into assertiveness, appropriating conflict and stress management skills, problem-solving capabilities, and forgiveness.

Facilitators: Lynette Hoy, NCC, LCPC, Certified Anger Management Professional and Robert Sexton, M.S. Candidate in Counseling; Certified Anger Management Professional.

Participants will learn effective coping behaviors to stop escalation such as: avoiding triggers, taking time-outs, empathy and communication skills, changing behavior and self-talk. This series will motivate participants to work through anger in healthy ways, overcoming barriers to forgiveness.

Students participating in 4 Saturday classes will receive a 12 hour certificate of completion which may be applicable for court, school or employer-orders, custody disputes, mediation or for personal growth.

Letters of enrollment will be provided for those who are ordered to attend by courts, employers or schools. Series covers 15 lessons. Participants may rotate in at any time.

Refunds are not possible once payment is made.

Anger management groups— begin Jan. 12, 2008. Offered every 2nd Saturday of the month.

Payment options: Initial assessment / materials: \$60.00. \$150.00 pre-paid for each Saturday 3 hour class. First month includes assessment & materials plus one session: \$210.00. Each month following: \$150.00. Cash , check (payable to CounselCare Connection- mail to: Oak Park address below—Attn: Lynette Hoy) or credit card: MC or Visa only. **Dates/times:** Jan, 12, Feb. 9, March 8, April 12, May 10; 9 a.m.—12. p.m. Limited number of students. **Location:** CounselCare Connection, 1100 Lake St., Ste. 245, Oak Park, IL. 60301. 708.524.3333, ext. 1

Complete this form and credit card information below: Mail or fax with payment to 630-530-2066

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