

Sessions are taught in order and repeat Monthly. Attendants may start on any Thursday. If the county offices are closed, there will be no sessions that day.

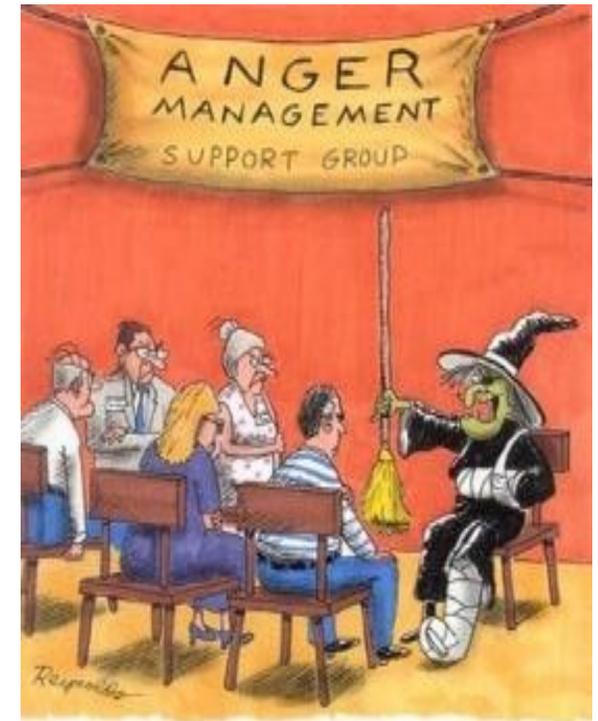


Additional information about Health Department programs and services can be found on-line at www.co.union.nc.us

Union County Health Department
1224 W. Roosevelt Boulevard
Monroe, NC 28110

Anger Management & Impact of Violence

Union County Health Department



"My name is Helda, and I have a tendency to fly off the handle."

Please Print _____

Date Referred _____

English _____ Hispanic _____ Number of children _____ Age(s) of children _____

Name: _____ Referring Agency: _____

Address: _____

(Street)

(City)

(Zip)

Referring Agent's Name: _____ Telephone: _____

Email: _____

Please give the client this brochure, keep a copy for your records. Send a copy to the Health Department.

Session Subjects

Week 1

Part 1: Awareness and Willingness

(Taking an honest look inside, building personal responsibility for change, accepting one's part in every problem.)

Week 2

Part 2: Deleting the Negative Thoughts

(Identifying and deleting negative self dialog, giving up grudges, forgiveness activities.)

Week 3

Part 3: The Physical Piece

(Medications, addictions, relaxation, healthy physical lifestyle).

Week 4

Part 4: Building New Personal Power Life Skills

(Assertiveness, conflict resolution, the anger management sequence.)

Week 5

Part 5: Impact of Violence on Families

(Exploring the consequences of violence in the family.)

"Anger Management & Impact of Violence

Violence is never the answer. Come join others as this class explores anger, the impact of violence on families, and better solutions to create happy healthy homes.

Sessions are open to ages 15 and up.

You Must Register!

Registration fee \$ 30.00

Cash only

Sessions are taught Thursday evenings at 6:00 P.M. at the Union County Health Department. Counselor Anne Flippen, MS and Nationally Board Certified will be the instructor.

To Register:

Phone: 704-296-4825 or

Fax: 704-296-4807

If you have any additional questions e-mail

Jackie Morgan at;

jackiemorgan@co.union.nc.us