

Anger & Conflict Management

How to Argue and Manage Emotions

All relationships inevitably involve conflict. Simply put, people irritate us and make us mad. But few of us know how to deal with our anger in a constructive and productive way. And it is not our fault. ***No one ever taught us how to argue constructively.***

Join us for three 90 minute sessions to learn how to deal with conflict and anger. You will leave with valuable information that will help you improve your relationships, receiving both practical tips and a deeper understanding of where anger comes from and how to control it.

- *25 Helpful Hints for Dealing with Anger*
- *The Surprising Goal of Arguments*
- *7 Ways to Calm Down Before You Blow Up*
- *Why You Keep Having the Same Argument Over and Over*
- *How to Understand the Anger Cycle*

October 17th, 24th, & 31st

3:00-4:30 PM

CAPS Central

Galbraith Hall 190

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at 858 534-3755 to arrange an appointment.

For more information, please contact

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