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 fight fair.**

Join us for an in-depth seminar 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 Fighting Fair**
- **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**

**Tuesday, November 12th**
3:30-6:00 PM
Murray’s Place
Student Health Services

Scott Hansen, PhD
(858) 534-5915
caps.ucsd.edu/groups

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.