

Anger Management Classes

Class Schedule:

**The 1st & 2nd
Wednesdays of
each month**

5:00pm - 8:00pm

**Two sessions
(3 hours each class)**

**\$150
to Participate**

**Must schedule a
phone interview
before starting
the class**

**Coastal Horizons Center
Prevention Services
John Dail
202-0840**

Requirements

- **Adults ages 18 and up**
- **\$150 must be paid up front to start the class**
- **Attendance to 2 classes is required in order to receive credit for successful completion**
- **Payment by credit card, money order or cash (no checks)**

Topics Covered

- **Anger triggers**
- **Breaking the anger habit**
- **Self control over thoughts**
- **Communication skills**
- **Conflict resolution**

