

ADDRESSING ANGER & EMOTIONS EFFECTIVELY

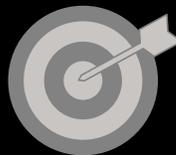


For a list of our upcoming class schedule, visit our website conflictcenter.org or call 303.865.5621



SELF AWARENESS

- Recognize personal anger triggers
- Discover your physiological reactions
- Identify your conflict style & learn different options



COMMIT TO GROWTH

- Identify feelings & needs during high emotion
- Resolve the problem; build the relationship
- Listen to others needs



PUT INTO PRACTICE

- De-escalation & cool down techniques
- Communicate core emotions underlying anger
- Try an alternative to fighting

Contact Us



303.433.4983
conflictcenter.org
info@conflictcenter.org
4140 Tejon Denver, Co 80211

OPTIONS TO FIT YOUR SCHEDULE

CLASS FORMAT

ALL CLASSES ARE CURRENTLY BEING HELD VIRTUALLY

Six, 2 hour week day classes- \$180

Three, 4 hour Saturday classes- \$200

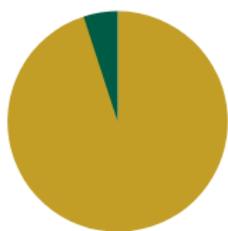
50% discount available for anyone who may qualify for government assistance



WHAT PEOPLE ARE SAYING

“This class gave me greater self-awareness and a greater awareness of my friends and partners conflict styles, dynamics and how to break the unhealthy ones.”

“The skills I learned were essential in dealing with many obstacles. My attitude about conflict has changed completely. I deal with my ex in a whole new manner- we have peace for our kids!”



95%

of our participants would recommend the class, "Addressing Anger & Emotions Effectively" to a friend.