



# ANGER MANAGEMENT

## CONTACT

*Community Services*

Advocate. Counsel. Teach.

### **A six-week class to help you:**

- understand your anger
- learn to express anger in healthy ways

*“I learned to stop and th*

# Is anger taking over y

*Anger is a natural—and healthy*

*We have all felt anger  
of being human. But unman  
to physical illness  
home an*

**You can't get rid of the things that anger you, but you can learn how to reduce your emotional and physical reactions. You can learn to take charge of your feelings and use more effective responses to situations that distress you.**

If anger is controlling your life, our six-week Anger Management class can help you regain control. Each weekly class is 90-minutes and is led by a mental health professional.

## **Week 1**

### **What is your anger style?**

Look at how you express your anger and the benefits and consequences of that style.

## **Week 2**

### **What makes you angry?**

Look at the situations, frustrations and beliefs that “trigger” your anger.

## **Week 3**

### **Recognizing anger in your body**

Learn how anger affects your body and how to use relaxation techniques to calm down.

## **Week 4**

### **Expressing your anger**

Look at ways to express yourself with safer, more respectful behavior and communication.

## **Week 5**

### **Using what you have learned**

Work on communication skills.

## **Week 6**

### **Putting it all together**

Review information, skills and personal progress.

*Think before I act.”*

# your life?

*—emotion.*

*at some time. It is part  
managed anger can lead  
es and problems at  
nd work.*

## Registration

Class fee is \$120.

### **Registration is by phone only.**

Call Contact

Community Services:

(315) 251-1400 ext. 132

When you register for the class, our staff will discuss payment options and eligibility guidelines. We will confirm your enrollment in the class after you have made your payment. You will not be enrolled in the class until your payment is received.

Please note, you must attend all six classes to receive a certificate of completion.

**Limited funds are available for full or partial scholarships based on financial need.**

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### **How do you know if your anger is controlling you?**

Think honestly about your answers to these questions:

- Do you have trouble at work because of your anger?
- Do people say you fly off the handle easily?
- Is your marriage or relationship at risk because you argue too much?
- Do you have road rage?
- Do you get aggravated because people don't act the way you think they should?

If you answered “yes” to any of these questions, you may have an anger problem. Our Anger Management class could help you.

Supporting the social, emotional, behavioral and mental health of children, youth and families in Central New York through school and community advocacy, counseling, and teaching/consulting.

## Your 24–Hour Resources

**Contact Hotline 315-251-0600**

[In Cayuga County call 877-400-8740]

Confidential counseling and suicide/crisis intervention

**Mental Health Connection 315-445-5606 or [contactsyracuse.org](http://contactsyracuse.org)**

Mental health information/referral

**Helpline 315-435-8300 or [ongov.net/helpline](http://ongov.net/helpline)**

Human services information/referral for Onondaga County

Call or visit our website for more information about school and community programs and trainings, or volunteer opportunities.

[www.contactsyracuse.org](http://www.contactsyracuse.org)

Contact Community Services, Inc.

6311 Court Street Road

East Syracuse, NY 13057

Business Office: 315-251-1400

[Contact@contactsyracuse.org](mailto:Contact@contactsyracuse.org)

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United Way  
of Central New York

A United Way Agency