

ANGER MANAGEMENT CLASSES

A 12 Hour/ 6 Week course approved by: Psychologist, Psychiatrist, San Diego Courts, Probation, Parole, Child Protective Services (including some payments), U.S. Navy & Customs service. Payments & fees are negotiable. Course includes:

- ⇒ Defining Abusive Behavior
- ⇒ How Your Past Influences Current Relationships.
- ⇒ The Relationship Between Substance Abuse, Domestic Violence and Child Abuse
- ⇒ The Brain and Loss of Control.
- ⇒ Stress Management
- ⇒ Changing Attitudes, Thinking, Feelings and Behavior.
- ⇒ Healthy VS Unhealthy Relationships.
- ⇒ Communication Skills, Assertiveness Training
- ⇒ Win-Win Negotiations
- ⇒ Problem Solving Skills
- ⇒ Self-Esteem Building
- ⇒ Personal Responsibility: Self-Control Is True Power!
- ⇒ Relapse Prevention Planning, Referrals and FREE Follow-up When Needed

12 Hours for Just \$150, Couples \$250

Individual Anger Management Counseling \$400

Also substance abuse & Co-Dependency counseling, Sliding scale.

S.D.R.I.

SAN DIEGO RECOVERY and INTERVENTION SERVICES

(858) 467-1011

www.AngerManagementSanDiego.com