

# Anger Management

## Do you or someone you know need help with Anger?

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, anger can lead to problems with housing, interpersonal relationships, and employment, affecting the overall quality of your life. Anger management is the process of learning to recognize signs that you're becoming angry, and taking action to calm down and deal with the situation in a positive way.

### Thursdays for Six Sessions

6:30 – 8 p.m.

To enroll, contact (773) 349-8052

#### FACILITATED BY

#### Nationally Certified Anger Management Specialist

Utilizing SAMHSA approved course materials

Total cost: \$150.00 which includes materials and certificate of completion.

Meets court requirements. Open to any adult 18 or over.

#### HELD AT

#### Catholic Charities

2601 W. Marquette Rd., Chicago

#### FOR FURTHER INFORMATION

#### Catholic Charities ACES Services

**(773) 349-8052**

Addiction, Counseling, and Education Services (ACES)

721 N. LaSalle Street • Chicago, Illinois 60654



[www.catholiccharities.net](http://www.catholiccharities.net)

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