

UNDERSTAND & MANAGE YOUR ANGER

A Group for Men

WHAT IS ANGER?

Anger is an emotion that alerts us to injustice, falsehood, and that which is wrong. It gives us energy to speak the truth and act rightly. The Fall has impacted every aspect of our lives, including our relationship with our inner selves, which affects our emotions, including anger.

DO YOU HAVE TOO MUCH ANGER?

DO YOU NOT HAVE ENOUGH ANGER?

WHAT IS THIS GROUP?

A Christian anger management group for men, led by Paul Caprera, a Christian licensed professional counselor who specializes in anger management. The approach is grounded in practical psychological understanding and in Christian theological truths, and has proven to be helpful for many! The group involves: one half hour phone consultation with the counselor prior to the group; 12 hours of direct, in person interaction with counselor and group; using an anger management manual filled with practical information and helpful assignments. These 12 hours will be split into two 6 hour events.

WHAT IS THE HOPE?

To grow into the maturity of Christ so that our words and actions will help, not hurt others. The outcome of this group is to increase understanding of how anger works and how our personal experiences contribute to our anger. **Participants will gain practical skills for identifying and controlling anger.**

You will learn to identify and understand your anger, calm yourself down, take helpful and healthy actions when angry.

HOW TO START

Cost: \$425 includes consultation, materials, 12 hours of group work, and lunches for all day sessions.
Location: Taconic Retreat Center, 64 White Drive, Milan NY, 12571.
Time/Dates: January 12, & March 9, 9:30am-4:30pm

Contact Paul Caprera, ASAP, to get a space in the group.

Phone: 518-439-0033 ext. 322. Christian Counseling Associates, Delmar, NY

Or call Randy Prentiss at Taconic Retreat, 914-629-8943.