



*Community
Connections
Of Central Texas*

901 Ave B, Brownwood, Tx 76801
Phone: 325-646-5939 Fax: 325-643-3512
Website www.cflr.us

Call today for more information or to schedule an appointment

ANGER MANGEMENT WORKSHOPS

Anger Management Workshops provides individuals opportunities to learn ways to express anger appropriately. There are Anger Management Workshops for teens and adults.



As an individual, you will have the opportunity to gain insight with the following:

- **Strategies for coping skills**
- **Positive communication skills**
- **New ways to express anger emotion appropriately**
- **Resources available in area**

Frequently Asked Questions

How do I enroll?

**Registration begins at 4:00pm each Thursday for adults and every 6 weeks for teens. The workshop begins at 5:15pm and will end at 6:15pm.

How much does it cost?

**A charge of \$20.00 will be collected at the beginning of the workshop. Then it will be \$10.00 each workshop. Cash or money order accepted, must be exact amount only. No checks or debit/credit cards accepted.

Is there childcare on-site?

**Childcare is provided at no cost on-site to you with advanced notice.

When are the workshops?

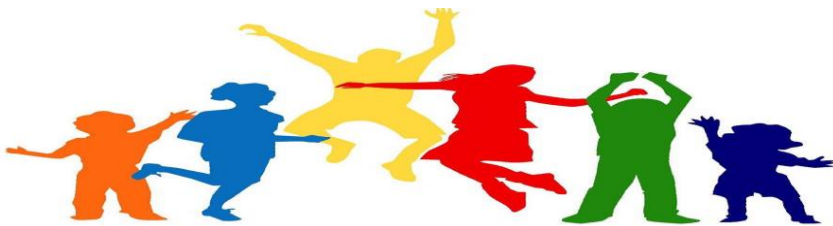
**Every Thursday. Teen workshops are open to join every six weeks. Adult workshops are open to join every Thursday.

Do I receive a certificate?

**Yes, you will receive an individualized certificate. You must complete the entire 8 weeks for adults and 6 weeks for Teens.

Can anyone take these workshops?

**Yes, anyone is welcomed to take the Anger Management Workshops for Teens (age 13-17 seminar and Adults (age 18 and older).



2019 Workshop Dates

*Adult Workshops open to join every Thursday evening

*Teen Workshops open to join on the date below:

- February 7th

- March 21st

- May 2nd

- June 13th

- August 1st

- September 12th

- October 24th

About us...Center for Life Resources has been serving local communities since 1970 as an agency of the state. The program Community Connections of Central Texas provides services to strengthen children, individuals, and families. This is done by partnering with agencies and working in a coordinated effort to serve our communities together. Visit www.cflr.us to learn more about the services provided.

Other services with Community Connections of Central Texas:

**Parenting Wisely

**Safe Exchange

**Children In The Middle

**Mediation

**Counseling

**Information and Referral

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