



The Steven A. Cohen Military Family Clinic at Centerstone

Choices - Anger Management Classes

Instructor: Don McCasland, LCSW-CCTP

Class topics covered include:

- How to identify your "anger cues"
- Understanding the physical, emotional, and behavioral aspects of anger
- Creating and using a personalized anger control program

Fridays 2:00 p.m. - 3:00 p.m.

775 Weatherly Drive, Clarksville, TN 37043

931-221-3850

Call for more information or to register.

Classes begin July 6th, 2018

Registration is closed after classes begin, but more classes will be offered in the future.

Do You:

- Have a "hair trigger" temper?
- Have a hard time controlling your anger?
- Find people irritating or annoying most of the time?
- Get into arguments with friends and family easily?
- Express your anger by yelling or breaking things?

Has Your Anger Ever:

- Caused or contributed to legal problems?
- Led to physical altercations?
- Strained relationships or friendships?
- Made you want to isolate yourself?
- Caused you to yell or break things?

Then Choices - Anger Management is for you.

Steven A. Cohen Military Family Clinic at Centerstone

775 Weatherly Drive

Clarksville, TN 37043

(931) 221-3850

centerstone.org/cohen