

Catholic Charities of Eastern Virginia, Inc.

Providing Help. Creating Hope.
...through all stages of life.

ADOLESCENT ANGER MANAGEMENT CLASS

LEARN SKILLS & STRATEGIES TO MANAGE FEELINGS OF ANGER

ANGER IS A POWERFUL...but perfectly normal emotion we all feel from time to time.
This class explains how uncontrolled anger affects us emotionally, physically, and in
our relationships.

TOPICS INCLUDE

CLASS I

- Understanding anger

CLASS II

- Controlling your anger

CLASS III

- Assertiveness versus aggressiveness

CLASS IV

- Managing your anger

CLASS INFORMATION

DATE: 4 consecutive Thursday evenings

LOCATION: Catholic Charities, 4855 Princess
Anne Rd., Virginia Beach, VA 23462

TIME: 6:00 p.m. – 8:00 p.m.

**Registration begins at 5:30 p.m. the first
Thursday of class.**

\$60 FEE Cash or money order

Enrollment by phone required.

**CALL (757) 467-7707 TO
CONFIRM ENROLLMENT**

For Adolescents Only.

Catholic Charities of Eastern Virginia, Inc., serves all the community and does so without regard to race, gender, national origin, religion, age or disability in admission, treatment, or participation in programs, services and activities, or in employment.

CCEVA is a certified member of United Way of South Hampton Roads, the Virginia Peninsula, and Greater Williamsburg. Please designate your UW, CCC, CFC, CVC gift to CCEVA:



South Hampton Roads - #5014

Virginia Peninsula - #7013

Greater Williamsburg - #4106

