

# Catholic Charities of Eastern Virginia, Inc.

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

## ANGER MANAGEMENT CLASSES

LEARN 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 Wednesday evenings,  
beginning the first Wednesday of the month

**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  
Wednesday.**

**FEE:** \$80 for 4 sessions (8 hours of classes)  
CASH or MONEY ORDER ONLY

**CALL (757) 467-7707 TO ENROLL**

**For Adults Only. No Babysitting Available.**

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

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