

Is anger destroying your health, marriage, relationship, or career?
Is your anger working for you or against you?
Are you in touch with your anger?
Do you control your anger or does it control you?
What is the difference between healthy and toxic anger?
Do you understand what anger is and what purpose it serves?
Do you want to handle anger in a more constructive way?
If so, this course can help individuals and couples immensely!

ANGER MANAGEMENT COURSE

Tuesday, October 7, 14, 21, 28

Time: 7-9 PM

offered by

Bob Quindlen, ThM, LPC
Adult Counseling Center

Weekly Topics:

"ANGER, THE MIS-UNDERSTOOD EMOTION"
"TAKING RESPONSIBILITY FOR ANGER"
"ANGER, ITS ROOTS AND CAUSES"
"HEALTHY WAYS OF MANAGING ANGER"

Location: 612 Pasteur Drive, Suite 301, Greensboro

Cost: \$275.

Save \$50. For Registration Prior To Sept. 25th
Save \$100. Per Person When Two People Register Together

Bob Quindlen is a Licensed Professional Counselor, and Director of The Adult Counseling Center in Greensboro. He has been in private practice since 1991. His specialty is adult relationships, communication skills, workplace issues, problem gambling, and anger management. He is well known as a public speaker and workshop presenter. He was a regular guest of Lee Kinard on The Good Morning Show as well as Fox TV. He has taught courses at GTCC, Jamestown Campus since 1993 and Rockingham CC Business Center.

Registration Information
Call 299-9777 or email: bquindlen@aol.com