

Anger Management for Men

This is a six-session class for men to learn to identify and express their anger in respectful and effective ways. Through presentations, handouts, practice, and discussion, participants will focus on analyzing and understanding individual patterns of stress and anger, negative self-talk, and developing tools for managing emotions and positive conflict resolution.

**Thursdays, September 17, 24, and October 1, 8, 15, 22
4:30-6:00 p.m.**

HealthPartners West Clinic
5100 Gamble Drive Suite 100
St. Louis Park, MN 55416
952-593-1149

Instructor: Art Decker, MA, LP

Fee: \$150/Person. All Materials Included.

Registration Process: Complete attached registration form and mail to Sue Hary at the above address. Fee must accompany registration. **Registrations must be received by September 10.**

Refunds will be made for the following reasons:

*If the class is filled prior to receiving your registration.

*If the class is canceled by HealthPartners.

*If you cancel your registration five business days before the class start date by calling 952-593-1149

Anger Management for Men, September 17 – October 22, 2009, HP WEST CLINIC

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone _____ Evening Phone: _____

Fee*: \$150

Medical Record Number: _____

***Fee must accompany registration.**

Referral Source: _____