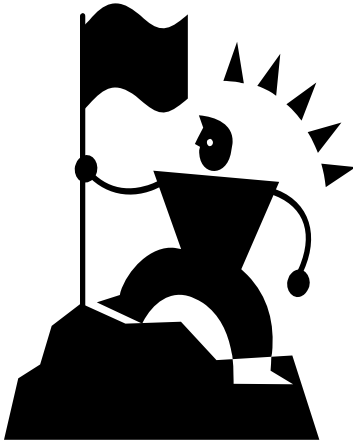


# Anger Management-Emotion Control Program

*Empower yourself as you take control of your internal "Personal Power"*

Directions, A Center For Life Strategies, LLC. offers a cognitive-emotive-behavior program based on the evidence-based Tough Choices *beyond Anger Management Program*™. This program provides lessons on anger and stress management, emotion control, and social skills training. The program is facilitated by experienced doctoral level professionals in a confidential, comfortable, and relaxed setting.

## Some of the topics presented include:



Learn about **FORGIVENESS**.

Create a **DESIRE TO CHANGE**.

Learn **AWARENESS** - "*Is my life working?*"

Learn about the role of a **HEALTHY LIFESTYLE**.

Learn **CHARACTER BUILDING** - "*What do I stand for?*"

Acquire new coping skills to address **STRESS** and **ANGER**.

Learn how to **HEAL** the **ROOT CAUSES** of mismanaged anger.

Learn **RESPONSIBILITY** - "*I am responsible for who I BECOME*".

Learn how to "*delete*" the "*negative self-talk*" - Let go of the grudges.

*Once you complete the entire program and master the required skills you will be awarded a Certificate of Completion.*

### PROGRAM DATES

Program meets for:

Six (6)-90 minute sessions  
6:30 pm – 8:00 pm  
Tuesday evenings

2010

Fall Program

October 12, 19, 26 & November 2, 9, 16

2011

Winter Program

January 11, 18, 25 & February 8, 15, 22

(No Class scheduled for 2/1/2011)

Spring Program

March 22, 29 & April 5, 12, 19, 26

Summer Program

May 17, 24, 31 & June 7, 14, 21

### PROGRAM LOCATION

Directions, A Center For Life Strategies, LLC.  
914 Mt. Kemble Ave, Suite 310  
Morristown, NJ 07960

### REGISTRATION INFORMATION

PROGRAM COST: \$325.00

To register or for more information please call:  
Dr. Tamsen Thorpe  
NJ License # 3826 Psychologist

**973-425-8868**

drthorpe@directions-cls.com  
www.directions-cls.com

Limited space available.  
Pre-registration is required.

Dates, time, and fee are subject to change.