








Are you like a time bomb ready to go off?

Introducing....

ANGER COMPASSION WORKSHOP

A Workshop from Christian Counseling Services, Inc.

This workshop is recommended for anyone with anger issues. Great for couples and individuals. Through daily individual study and weekly group sessions you will be able to:

-  Learn positive and pleasant ways to regulate feelings, beliefs, and behaviors
-  Learn that anger is a secondary emotion, and that something else is triggering your anger
-  Replace the emotion of anger with compassion so that you can build loving relationships
-  Unlock buried feelings from the past and experience healing and forgiveness
-  Raise your self esteem, and feel empowered to handle the many challenges of life

Group Information ...

Pre-registration is required

Begins... Saturday September 10

Meets... Every Saturday for 12 weeks

Time... 9:00am – 11:00am

To Register.....Call 434-525-9006