

Anger Management Skills Group



***Does your anger cause you problems at home and/or at work?
If you answered yes, then this group is for you!***

This seven-session group* will provide practical information about the causes, cycle, and styles of anger; physiological & psychological responses during anger; and strategies for managing anger effectively.

Monday, January 24, 2011

1:00 p.m. – 2:15 p.m.

**Faculty Staff Assistance Program
The Emory Wellness Center
Conference Room
1762 Clifton Road, Suite 1100
Atlanta, Georgia 30322**

All participants must contact FSAP at 404-727-4328 no later than Tuesday, January 18, 2011, to schedule a screening appointment prior to participating in this group.

* Groups are open to all Emory University and Emory Healthcare employees.



Faculty Staff Assistance Program
(404) 727-4328 or (404) 727-WELL
www.fsap.emory.edu