Transforming Your Anger and Conflict

Does unresolved anger or conflict cause you problems at home or at work? If so, this group may be for you.

This weekly, eight-session skills group will provide practical information on the nature of anger, effective strategies for responding to it, as well as conflict resolution techniques to improve personal and work relationships.

March 15 – May 10, 2016*
Tuesdays from 12:00pm – 1:00pm
(no session on April 5)

Faculty Staff Assistance Program
1762 Clifton Rd, Suite 1100
Atlanta, GA 30322

* Prior to joining the group, all prospective participants must schedule a pre-screening appointment by March 7. Please note there is no group on April 5. Contact FSAP at 404-727-4328 to schedule. Open to all Emory University and Emory Healthcare employees. Space is limited.