

# ANGER MANAGEMENT & EMPATHY BUILDING Educational Classes

Has there ever been a time you just lost it? Said something and later regretted it? Why do we do this? Especially to the people we love?

Educational opportunities:  
6 hrs of Anger Management  
6 hrs of Empathy Building

A total of 12 hrs can be completed by attending 4 separate night classes from 6:00 pm - 9:00 pm. It is also an option to attend only the anger management portion (first 2 dates) or only the empathy building portion (final 2 dates).

Anger-Empathy will be held on Tuesday & Thursday nights from 6:00pm-9:00pm at The Lighthouse 1503 14th street in Rock Valley, Iowa (next to the Pizza Ranch)

## Offering 1 (Jan/Feb)

Tues, Jan 9 (anger #1)  
Thurs, Jan 11 (anger #2)  
Tues, Feb 6 (empathy #1)  
Thurs, Feb 8 (empathy #2)

## Offering 2 (Mar/Apr)

Tues, Mar 6 (anger #1)  
Thurs, Mar 8 (anger #2)  
Tues, Apr 10 (empathy #1)  
Thurs, Apr 12 (empathy #2)

## Offering 3 (Aug/Sept)

Tues, Aug 7 (anger #1)  
Thurs, Aug 9 (anger #2)  
Tues, Sept 4 (empathy #1)  
Thurs, Sept 6 (empathy #2)

## Offering 4 (Oct/Nov)

Tues, Oct 9 (anger #1)  
Thurs, Oct 11 (anger #2)  
Tues, Nov 6 (empathy #1)  
Thurs, Nov 8 (empathy #2)

**Self-regulation (anger management) and the ability to take on the perspectives of others (empathy building) are important keys to success in our relationships with others and the world around us.**

All classes run from 6:00pm - 9:00pm. The first two class sessions cover anger management. The following two class sessions cover empathy building. Participants will receive certificates of completion after the anger management portion (6 hrs) and also after the empathy building portion (6 hrs).

Contact Creative Living Center for questions, costs, and registration information. Call ahead to reserve your spot today!



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