

Contact information:

For more information and to complete a confidential contact form, go to www.brazilinchurch.com; you may leave a voice mail at the church at 812-446-6200; or e-mail us at: awarner@brazilinchurch.com

Sponsored by the
Brazil United Pentecostal Church
Anthony Warner, Pastor
<https://www.facebook.com/BrazilUPC>

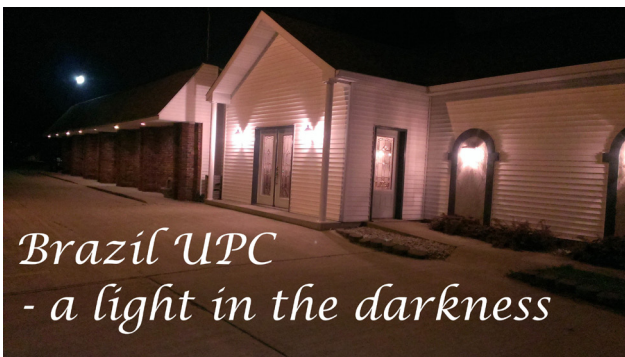
We are affiliated with...

Life in Focus Education
5021 Curtis Clark Drive
Corpus Christi, TX 78411
www.lifeinfocus.org

Anger Management Class

What is it?

It is a 12-week course that explores anger from it beginning as a thought, developing into an emotion, and as an expression of action.



As we study some of the root causes that connect our thoughts to our expressions of anger, the class will explore ways an individual can impact their thinking to help them make better choices that avoid harmful actions to themselves and others.

Anger Management Class is a 12-week program that addresses such topics as:

- What is anger?
- How Anger Works
- Ways to Handle Anger
- Domestic Violence

- Anger, Alcohol, and Drugs
- Thoughts, Rules, and Character
- The Conflict Cycle

When does the class meet?

The Anger Management Class meets every Thursday at 7:00pm at the Brazil United Pentecostal Church at 1088 E US Hwy 40, Brazil, IN 47834, in the education hall.

Participant cost

There is a \$30 registration fee to help defray the expenses of the class.

What Anger Management Class offers

The 12-week program uses the Anger Management curriculum produced by the evidence-based research and experience of the Life in Focus Education program of Corpus Christi, Texas. Our instructors are certified through Life in Focus, and our students will be offered a peer group setting that will help our graduates attain their goal of managing anger and will reward them with a certificate honoring their completion of the class.