

*For men and women interested in exploring their anger and learning healthy, positive ways to both express and deal with it.*



# ANGER

## MANAGEMENT GROUP



You don't have to **blow your top**, to have a problem.

The Central DuPage Pastoral Counseling Center is forming a group for MEN and WOMEN who are interested in exploring their anger and learning healthy, positive ways to both express and deal with it.

**When:** Thursday evenings for seven weeks  
**Dates:** Oct. 7, 14, 21 and 28; Nov. 4, 11 and 18, 2010  
**Time:** 7:00 p.m. until 8:30 p.m.

**Where:**  *Central DuPage Pastoral  
Counseling Center*

Central DuPage Pastoral Counseling Center  
507A Thornhill Dr, Carol Stream IL

**Cost:** \$35.00 per session

Anger can take many forms. You might feel it simmering under the surface, ready to spill out at any moment. Or perhaps your anger expresses itself in more aggressive and controlling ways. Regardless of the form, it can make you and others feel lousy.

*The group will be co-led by staff therapists Jack Berkemeyer and Todd Pinckney. For more info about the Center or the therapists, see us on the web at [cdpcc.org](http://cdpcc.org). Pre-Registration is required and can be made by calling the Center at 630-752-9750, ext. 10.*

[www.cdpcc.org](http://www.cdpcc.org)