



Family Resource Center

now offers area communities
classes and sessions in

Anger Management for the 21st Century: Eight Anger Control Tools to Learn Before It's Too Late

Anger is quite prevalent in our society. One only has to read the daily newspaper or watch the evening news to conclude that uncontrolled anger is erupting in all segments of American life. It is a challenge for many adults and teens to control irritable feelings, anger, anxiety and day-to-day stress.

Family Resource Center, a program of Prairie du Chien Memorial Hospital, is pleased to announce a new program to area communities. This program takes a direct and comprehensive approach to the problem of anger management as it applies to relationships, family life, the workplace, health, etc.

Participants are taught skills: effective listening and communication, stress management, empathy, emotional awareness, self-talk and calming techniques, forgiveness, expectation management, and much more.

Participants use a workbook focuses on a different tool of anger control in each chapter. This workbook is a week-by-week guide with extensive information on each tool; it has a variety of written exercises, as well as assignments to complete at home.

Family Resource Center is offering Anger Management in classes and individual sessions. The number of sessions varies, usually 8-10 sessions. Two staff members have been professionally trained and certified (Level II) to facilitate this new program. Please check the following website: <http://www.angercertification.com> and click on providers in Wisconsin.

Anger Management Fee:

Assessment (first visit):	\$150
Classes (per class):	\$20
Individual (per session):	\$30

If you would like more information about this new program, please contact Family Resource Center, 800 East Taylor Street, Prairie du Chien, at 608-357-2137 or 2139 or e-mail the Center at frc@pdcmemorialhospital.org.