

The Anger Management Class

Presented by The Pinnacle Center

Wednesdays from 5:45 to 7 pm

Take a step that can make a difference...

Join Dr. Philip Thorn in a class for adults who have experienced trouble due to their temper or underlying anger. In this class, you will learn twelve core competencies for managing anger effectively. As you learn new ways to process anger and find peace, you will master and cultivate your skill in the areas of:

- Managing stress
- Defusing anger
- Communicating respect
- Resolving Conflict
- Showing compassion

Dr. Thorn is a trusted and experienced professional in the Southern Maryland community. As a licensed clinical professional counselor, Dr. Thorn is able to draw on his professional training to ensure that the class addresses particular problem areas that individual participants may be encountering. In cases where additional help is needed, referrals can be made for individual assessments, psychotherapy, and/or family counseling.

Whether you are boiling over with anger, stuffing irritations, or just searching for answers, you can benefit on a personal level by taking this class. In the words of one participant: *“I learned to identify the beginning feelings of anger and to stop them before they actually turn into anger. I also learned to focus on other people’s feelings.”*

For more information, call Dr. Thorn at The Pinnacle Center.

A fee of \$350 is required for participation in the Anger Management Class. A husband or wife may enroll in the class with his or her partner for an additional \$50. You can begin this class on any given Wednesday.



The Pinnacle Center

603 Post Office Road, Suite 210
Waldorf, MD 20602

Phone (301) 705-7593
www.pinnaclecenter.com