

# **The Anger Management Class**

*- Learn to bring out the best in yourself and others!*

**Presented by The Pinnacle Center...**

**Wednesdays from 5:45 to 7:00 p.m.**

Join Dr. Philip Thorn in a class for adults who have experienced trouble due to their temper or underlying anger. The class is designed to support and enhance personal growth through training in anger management. The class actively engages participants, as they master new skills in the areas of sensitivity, communication, stress management, and conflict resolution. Participants will find this class to be a life-changing experience.

In this class, you will have an opportunity to connect with others in a safe, comfortable and confidential setting. You can begin this class on any given Wednesday. The class has a rolling admission and is six weeks in duration.

An important class goal is to help participants explore and practice specific skills for managing anger effectively. Advanced psychological approaches will be presented and demonstrated. In cases where additional help is needed, referrals can be made for individual assessments, psychotherapy, and/or family counseling.

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.

Whether you are boiling over with anger, stuffing irritations, or just searching for answers, you can benefit on personal level by taking this class. In the words of one participant: *“Every day I went to this class, I learned something new about myself.”*

**For more information, call Dr. Thorn at the Pinnacle Center.**

*A fee of \$330 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.*



**The Pinnacle Center**

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