



Life Choices

Domestic Violence Awareness &
Anger Management

Anger Management & Domestic Violence Interventions



WHO WE ARE?

Learn to control your anger for good purposes, with the help of Life Choices. You can learn how to be good and angry and deal with rage. Triggers for anger, the physiology of anger; key strategies for redirecting anger, application questions geared to help you develop your emotional intelligence; and practical steps on forgiveness and how to apologize. Life Choices will teach you how to transform your anger into healthy skills for living so you can achieve the goals that you really want in life. This course emphasizes the source of anger, triggers that provoke anger, and examples of how to express anger through problem-solving, assertiveness, behavioral skills, stress and conflict management, empathy, and forgiveness.

Meant to assist people with different experiences in all walks of life. People with Hidden Anger might be feeling depressed. People dealing with explosive anger and rage. Even people who don't believe they have ever felt angry.

WHAT WE DO?

We offer online or in-person group and individual evidence-based Cognitive Behavioral Therapy and Batterer intervention education, assessments, and proof of enrollment. Our courses range from 16 to 52 weeks. Classes start at \$25.00 each week plus \$50.00 assessment fees.

- 16-Week Anger Management Course
- 16-52 Week Batterers Intervention Course
- 8-Week Survivors of Domestic Violence Course



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CALL US FOR MORE INFO

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