

Intensive Program For Men and Women

Weekend Intensive Course

Cost: \$250



**CALMING
YOUR ANGER:
Assertiveness,
Boundaries,
and Conflict Resolution**

No shame, no blame.
Just skills to manage conflict

Learn to calm your anger through:

- Self discovery
- Practical solutions
- Recognizing triggers
- Communication skills
- Developing strategies

NMRC
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Men-Helping Families, Men, Women and Children