

CAGE YOUR RAGE

20-session, ACA-accredited Anger Management Course

Tuesdays 5-6pm

FULL CIRCLE RECOVERY COMMUNITY CENTER

300 West Broadway, Suite 108 | Council Bluffs, Iowa 51503

Cage Your Rage now has a hybrid option!

**JOIN THE
MEETING
HERE:**



TOPICS INCLUDE:

- **Anger-Past and Present**
- **Anger and Aggression/Violence**
- **What Causes Anger**
- **How to Manage Your Anger**
- **A New Chapter in Your Life**

Participants must attend all 20 sessions to complete the course.

Sessions do not have to be completed in order.

New participants may join at any time.



**RECOVERY
COMMUNITY
CENTER**
COUNCIL BLUFFS

QUESTIONS? CALL 712.560.6360