

# CAGE YOUR RAGE

## 20-session, ACA-accredited Anger Management Course

**Tuesdays 5–6 pm**

**FACILITATED BY LORA LEMUS AND GUEST PRESENTERS**

### **FULL CIRCLE RECOVERY COMMUNITY CENTER**

**300 West Broadway Suite 112 | Council Bluffs, Iowa 51503**

#### **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.

**QUESTIONS? CALL 712.560.6360**



**RECOVERY  
COMMUNITY  
CENTER**  
COUNCIL BLUFFS



VISIT [recoverfullcircle.org](https://recoverfullcircle.org)  
for more information.