

Welcome to Anger Management!

Kunnectionz/Parentz@Work understands that starting our program can be an exciting, yet intimidating journey to initiate. You may be here due to the request of the courts, attorneys, or the workplace. We have found that there may be some hesitation or resistance to participating, with the hopes of completing the program quickly without considering the necessity or benefit of practicing the skills learned in class. In time, most of these participants have found the classes to be very beneficial and as a result, they embraced the program and found themselves motivated to change. If you are skeptical and apprehensive, we hope your experience will result similarly.

Perhaps you are here voluntarily, or as a suggestion from loved ones. We commend you for recognizing the need to change and improve how you deal with anger. Welcome to taking the steps necessary to achieve a happier and more fulfilling life. Thank you for choosing Kunnectionz/Parentz@Work to guide you through this process. We truly enjoy helping our participants grow and experience breakthroughs that create positive changes in their lives. We hope that you will find this experience to be a rewarding one.

What to Expect

To receive the maximum benefit of our program, we encourage you to practice the skills reviewed in class. The sooner you practice the skills, the better you will be at incorporating these approaches into your life. We also recommend that you inform your facilitator about your experience of testing the skills. By doing so, our team will then be able to coach you through using them properly.

Please note that one does not improve by simply learning the skills. To foster change in your behavior, it is essential to apply the skills to your daily life. We will do our part in teaching and guiding, however your commitment to practicing and making necessary changes is vital to your success. Similar to weight loss, you can learn about it but unless you exercise and eat healthier, you won't achieve your goal.

Improving your anger management skills begins with the following:

- 1- Commitment to making a change. *This includes coming to classes and participating.*
- 2- Being open. *This includes understanding yourself better, recognizing how you feel inside, noticing signals from your body, and receiving feedback from others.*
- 3- Being proactive. *This includes planning ahead to avoid anger triggers and anger inducing situations.*

Key Components of our Program

- | | |
|---------------------------------------|---|
| 1- Anger: prevention and resolution | 5- Co-Dependency |
| 2- Identifying Anger Triggers | 6- Empathy/ Emotional Intelligence |
| 3- Communication and Listening Skills | 7- Healthy Relationships and Boundaries |
| 4- Stress Management | 8- Impulse Control |

Schedule of Classes and Locations

Classes are held via Zoom.

Be sure to review the program **policies** especially if needing a progress report.

Welcome to Anger Management