

Anger Management Education

Participants will learn & be able to demonstrate anger management skills.



These skills include but are not limited to:

- defining anger
- recognizing anger as a secondary emotion
- examining personal anger
- problem solving & implementing positive behavior

The curriculum will give clients the tools to recognize their anger & emotions & identify their primary emotions to change patterns.



February 7, 2026
April 4, 2026
July 11, 2026
October 3, 2026

9:00 AM - 4:00 PM



1800 W Pasewalk Ave Ste A
Norfolk, NE
68701



\$175.00

***payment due at time of registration*

● **Contact Now**



402-500-6870



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