

Credit/Debit Card Payments

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CVF: _____
Numbers on back of card

Authorized Signature:



Online Support

Visit our website for additional ESS services such as:

- Office locations & directions
- Staff bios & pictures
- Class registration
- Thought for the day
- Breathing exercises
- Slide shows
- Articles & handouts
- Questionnaires & surveys
- Links to other resources

Anger Management:

Effective Ways of Redirecting Anger for the Well-Being of Personal Health, Relationships, and Job Performance



Presented By:

**The Counseling Team
International (TCTI)**

1881 Business Center Dr.
Suite 11 & 12

San Bernardino, CA 92408
(909) 884-0133

www.thecounselingteam.com

Who Should Attend?

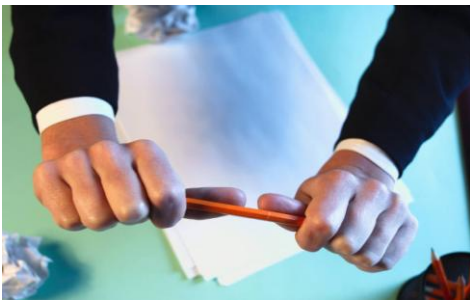
All who are interested, but not limited to:

- Law Enforcement/Peace Officers
- Emergency Support Personnel
- Teachers
- City/County Employees

Note: Course does not meet court mandated requirements for anger management

Goals

- ✓ Learn strategies to keep anger at bay
- ✓ Learn to use humor to defuse rage
- ✓ Increase awareness of anger provoking cues
- ✓ Understand the importance of managing stress
- ✓ How to apply anger management skills within practical settings and situations
- ✓ How to find alternatives to everyday stressors



When?

Visit our website or call us to find out when the next session will be held.

Where?

The Counseling Team International
Testing/Training Room (Suite 12)
1881 Business Center Dr.
San Bernardino, CA 92408

Cost

Cost may be covered by your employer. Please call TCTI to find out if you are covered.

How do I register?

Visit our website at www.thecounselingteam.com or Cut the stub to the right and submit along with your payment to:

The Counseling Team International
Anger Management Registration
P.O. Box 5947
San Bernardino, CA 92408



Anger Management

Name(s):

Covered Party's Employer:

Phone(s):

() _____ - _____
() _____ - _____

Payment

- Cash
- Check made out to
The Counseling Team International
- Credit/Debit
Please fill out the back of this form