

FREE TRAINING

Anger Management

Where: *El Morro Events Center*
210 South Second Street, Gallup NM

When: *Monday, April 20th 2020*

Time: *10:00 am to 5:00 pm*

Anger is an emotional state that is reflected in mental, physical, and spiritual ways. Our response to our feelings of anger impacts our day, our relationships, our work, view of ourselves, and view of the world around us. Sometimes, inaccurate perceptions of the world or particular circumstances make us angry, and without proper tools for recognizing our triggers or understanding all of our choices, anger can be quite unhealthy. The good news is that we get to choose. But how? Understanding where your particular anger comes from and how it manifests is a key ingredient in knowing how to change its hold on you.

This training is designed to teach participants how to understand anger and how to manage anger. The training will also address how anger is sometimes used to gain power and control over others.

To register email: nlujan@gallupnm.gov



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