

# LIVING WITH ANGER

WE ALL EXPERIENCE IT ...  
NOW WHAT DO WE DO WITH IT?

Using Cognitive and Mindfulness-based approaches, this group will help participants learn to experience feelings of anger while acting in line with their values and goals. This group is designed to provide practical day-to-day skills for participants, focusing on emotion education, awareness, acceptance, and regulation. These activities will move participants toward an ability to experience the freedom that can come from intentional action and values-based choices.

- What:** Eight-week skills group  
**When:** Tuesdays, 4 - 5:30 p.m.  
May 10 — June 28  
**Cost:** \$50/session (10% off if paid in full at registration)  
Cost includes a 1/2 hour screening for group.

For more information, please contact:  
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