

# Anger Management for Men

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This is a six-session class for men to learn to identify and express their anger in respectful and effective ways. Through presentations, handouts, practice, and discussion, participants will focus on analyzing and understanding individual patterns of stress and anger, negative self-talk, and developing tools for managing emotions and positive conflict resolution.

**Thursdays, January 8, 15, 22, 29, and February 5, 12  
4:30-6:00 p.m.**

**HealthPartners West Clinic**  
5100 Gamble Drive Suite 100  
St. Louis Park, MN 55416  
952-593-1149

**Instructor:** Art Decker, MA, LP

**Fee:** \$150/Person. All Materials Included.

**Registration Process:** Complete attached registration form and mail to Sue Hamilton at the above address. Fee must accompany registration. **Registrations must be received by January 5.**

**Refunds will be made for the following reasons:**

\*If the class is filled prior to receiving your registration.

\*If the class is canceled by HealthPartners.

\*If you cancel your registration five business days before the class start date by calling 952-593-1149

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**Anger Management for Men, Jan. 8 – Feb. 12, 2009, HP WEST CLINIC**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Fee\*: \$150

Medical Record Number: \_\_\_\_\_

**\*Fee must accompany registration.**

Referral Source: \_\_\_\_\_