

## **“Anger Management Workshop”**

When: Sunday, February 22nd (1:30-3:00 p.m.)

Where: Chapel

*Who: Speaker: Lynette J. Hoy*

**Lynette J. Hoy** is a National Certified Counselor and a Licensed Clinical Professional Counselor. She has been a good friend of CBCOP over the years. Lynette is the co-author of 'What's Good About Anger?'

### **Who should attend?**

- \*This special workshop is for people struggling with anger issues in their lives.
- \*Provides helpful information to manage your marriage and personal relationships.
- \*Provides practical steps how to help loved ones manage their anger issues.



### **SIGNS OF ANGER**

- You believe other people are the cause of most of your problems.
- You hang on to your anger for a long time - you won't or don't let go of it.
- You hit, shove, slap, pinch or threaten when you get angry.
- Your anger is "all or nothing." You're either furious or calm; you're never just a little angry.
- You always have to get the last word and win every battle.
- You've been suspended from school, lost jobs, have been arrested or gotten kicked out of your house because of your anger.



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