

# ***"Anger Management"***

Carolinas HealthCare System Employee Assistance Program invites you to join us for a **free** anger management seminar specifically designed to help participants learn to control anger.



Participants will learn:

- types of anger and its causes.
- practical skills for reducing anger.
- effective coping methods for difficult situations.

*For your convenience this seminar will be held at multiple locations:*

## **Charlotte**

March 2<sup>nd</sup>, 2010  
CHS EAP Office  
720 East Boulevard  
5:30 pm - 6:30 pm

## **Concord**

March 11<sup>th</sup>, 2010  
CMC NorthEast  
Hamrick Theater  
5:30 pm – 6:30 pm

**Carolinas Healthcare System**



**Employee Assistance Program**

***Space is limited so please call for reservations at  
704-355-5021 or 1-800-384-1097.***