

“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.

Carolinas HealthCare System Employee Assistance Program (CHS EAP) is designed to help you and members of your family with all types of issues-marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children.

Whatever the problem, if you need help call CHS EAP at **704-355-5021** or **800-384-1097**.



Space is limited so please call **704-355-5021** for reservations.

Carolinas HealthCare System

Employee Assistance Program

Participants will learn:

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

This class will be held at the following location:

Charlotte
August 10th, 2010
5:30 pm – 6:30 pm
CHS EAP Office
720 East Boulevard