

The Butte College Foster/Kinship Care Education Program Presents:

Trainer: Russ Hansen, LMFT

Multi-Level Anger Management

In Oroville and Chico

Join us for a 10 week course addressing a wide spectrum of anger management topics presented by Russ Hansen MFT. Based on the work of numerous scholars in the field of anger management and on Russ's years of experience as a psychotherapist for children and families and as a parenting educator.

- Week 1:** What is anger? Understanding the physiology and roots of our anger
- Week 2:** Stupidology 101-costs of anger
- Week 3:** Anger and self esteem
- Week 4:** Anger and emotional intelligence
- Week 5:** Anger and communication in relationships
- Week 6:** Anger and communication in relationships #2
- Week 7:** Dealing with difficult people without anger – style of anger
- Week 8:** Anger as a motivation for change – anger used constructively
- Week 9:** Happy as an inoculation for anger
- Week 10:** Meaning and purpose

When: Wednesday Evenings 5:30pm to 8:30pm

**Where: Northern Valley Catholic Social Services
2185 Baldwin Ave. Oroville, CA 95966**

Week 1: March 20, 2019 **Week 2:** March 27, 2019 **Week 3:** April 03, 2019 **Week 4:** April 10, 2019
Week 5: April 17, 2019 **Week 6:** April 24, 2019 **Week 7:** May 01, 2019 **Week 8:** May 08, 2019 **Week 9:** May 15, 2019 **Week 10:** May 22, 2019

When: Thursday Evenings 6:00pm to 9:00pm

**Where: Butte College Skyway Center
2480 Notre Dame Blvd. Chico, CA 95928**

NO CLASS JULY 4TH

Week 1: May 30, 2019 **Week 2:** June 06, 2019 **Week 3:** June 13, 2019 **Week 4:** June 20, 2019 **Week 5:** June 27, 2019 **Week 6:** July 11, 2019 **Week 7:** July 18, 2019 **Week 8:** July 25, 2019 **Week 9:** August 01, 2019 **Week 10:** August 08, 2019

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.** <http://www.butte.edu/fosterkinship/>

☺ *Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!!* ☺