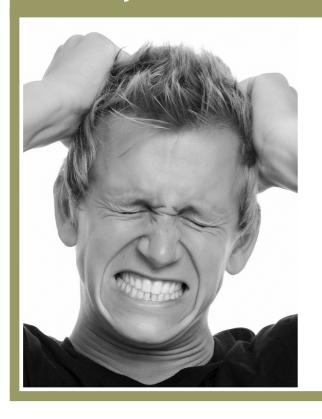
## Do YOU have difficulty coping with anger or find it hard to express your emotions effectively?



## resolving

is an effective anger management course that can help you recognise your triggers & escalating states of anger, then change the way you respond. These skills will help you deal with difficult situations & remain calm under pressure

effective anger management at

## COOL THERAPIES

1st Floor, Cottage Café Building 5 Lymington Road, Torquay, TQ1 4AQ

Please contact us for more information Attendance by <u>APPOINTMENT ONLY</u>





www.cooltherapies.org.uk www.facebook.com/cooltherapies info@cooltherapies.org.uk 01803 431991

