

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



resolving *ANGER*

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**

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*Please contact us for more information
Attendance by APPOINTMENT ONLY*



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