

Conflict Resolution

Description: Learn to resolve conflicts before they cause you stress. Anger that is handled incorrectly or not at all can result in physical disease. This seminar can help you change behavior to manage your own anger and deal with the anger of others.

What you will learn:

- ◆ Defining anger and how it works
- ◆ How to manage anger
- ◆ Discuss letting go of the past
- ◆ Ways to handle other people's anger

Textbooks/materials: Managing Anger – Methods for a Happier and Healthier Life (Luhn)

Michigan Works	<i>PH MC CT R</i>	Code: PO29 (PH)
Service Center	1 st and 3 rd Thursday of the month	Code: PO30 (MC)
Locations/Times:	11:00 a.m. to noon	Code: PO31 (CT)
		Code: PO32 (R)