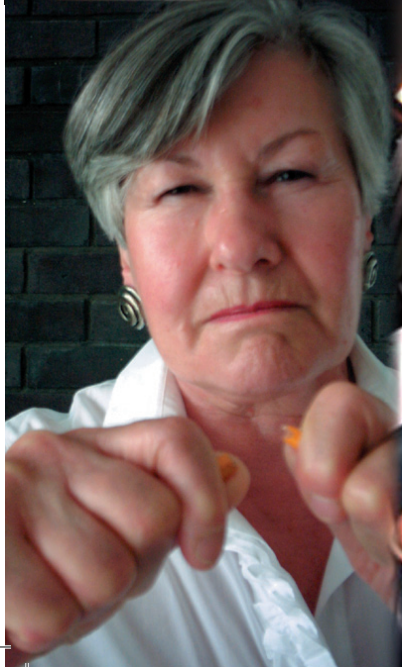


Where There's **Anger**
There's Hope



Benefits of Anger Management:

- Experience improved relationships.
- Feel happier, calmer and less stressed.
- Enjoy better health and wellness.
- Become more creative, assertive and productive.
- Manage conflict creatively.
- express anger appropriately.
- Prevent yourself doing things you may later regret.
- Communicate more effectively.
- Improve your self-esteem.
- Improve your confidence.
- We run programmes for organisations.
- Make the right choices so no one is hurt physically or emotionally.



KENT
ANGER
MANAGEMENT

The Millennium Centre Rainham Kent ME8 9BH

Telephone 01634 389121

Mobile 07811 589431

anger@karm3.co.uk

www.karm3.co.uk

