



LIVING WITH ANGER

Acceptance and Commitment Therapy for Emotional Resilience

AN EFFECTIVE HANDS-ON PROGRAM TO HELP YOU:

- Discover what makes you angry
- Open up to painful feelings
- Find calmness in angry situations
- Pursue what's important to you

**“HELP FOR TAKING BACK THE LIFE
YOU WANT TO LIVE AFTER ANGER”**

CALL TODAY 508-796-4348

MEN'S GROUP

**Tuesdays
3-4:15 pm**

**Wednesdays
5-6:15 pm**

WOMEN'S GROUP

**Tuesdays
10-11:15 am**



100 Century Drive • Worcester, MA 01606

Anger Facts

Feeling angry happens to anyone. Anger is an emotion, a normal part of being human. It can carry important information, such as something is wrong or dangerous or a boundary has been violated, and it needs your attention. How you react to anger can make a difference between living a healthy life or one that's harmful to you and others.



84%

of Americans are angrier today than they were a generation ago¹



1 IN 13

of us experience inappropriate, intense, or poorly controlled anger that interferes with work, school, or social relations²



22%

of us feel angry a lot³



NEARLY **10%**

of US report having impulsive anger issues and access to guns⁴



69%

think anger is a negative emotion⁵



49%

of problem-solving court participants use anger management services⁶