

ORGANIZED. PRACTICAL. SPIRITUAL.



FAMILY INTEGRITY TRAINING

Order Anger Dynamics!
familyintegrity.org/store1.html

ANGER DYNAMICS

Contact us!

familyintegrity.org

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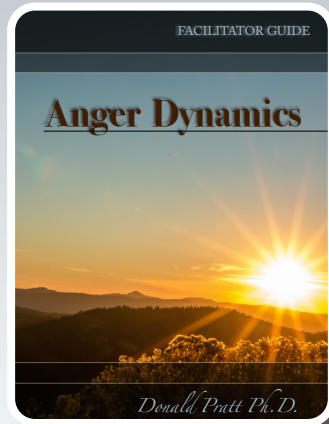


“developing life skills through faith”

We all have anger issues

How we deal with them matters

Knowing what to do with and how to handle our anger isn't always the easiest. Having a clear path and a game-plan can help. Family Integrity Training offers a 9-week course designed to help us. Once we understand what is bothering us we are in a better position to come up with a plan of action.



*Also available
in Spanish!*

What's Covered

- What is anger?
- Whose anger is it anyway?
- How to approach anger
- Settling differences peacefully
- Strategies to reduce stress
- Biblical insights
- Finding your voice
- Living with peaceful character
- Helping others

18 hours of classroom coursework and discussion

Come visit us online

for information on trainings and courses:



familyintegrity.org