

Those who recently attended a Saturday Meeting said:

- *"I was encouraged with the Christian approach; to start and finish with prayer and to have hand-outs with scripture to support the teaching and discussion."*
- *"I gain so much from each of these sessions— having others (present) with the same issues & problems makes it so much better for me."*
- *"The material covered all sides of the spectrum very well. It is an easy time frame with a wealth of information, paced very well, and he was available to answer any and all questions."*
- *"It is valuable time spent learning and sharing."*
- *"Marty's use of humor within the material helps to see the lighter side of challenges."*
- *"Very enlightening and very healing."*
- *"You need these tools for daily living."*
- *"Very good material and Bible verses for application."*
- *"Plenty of valuable information and handouts for future reference."*

"The meeting will be a safe, confidential place to simply listen & learn, or ask questions— you don't have to talk!"



Martin Miller, Executive Director
Licensed Marriage and Family Counselor
Licensed Professional Counselor
Professional Christian Life Coach
National Certified Counselor

Find the peace, joy and contentment you've been wanting.



Get one month of counseling in one day and **SAVE 50%!**

There are no "QUICK FIXES," but this is the next best thing! (see inside)

Call the office or talk to you counselor to register or for more information

Phone: 318-222-6800

Fax: 318-222-6801

E-mail: martinLPC@bellsouth.net

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Shreveport, LA 71101

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It is better to be slow tempered than to be famous; it is better to have self-control than to control an army.

-Proverbs 16:32

ANGER



"I'm not an angry person, but I do get mad sometimes."

Find out more-

Healing Heart
Counseling Center

www.HealingHeartCounseling.Org

*Distinctively Christian
Professional Counseling*

Celebrating 11 Years of Excellence

The Anger Meeting will *quickly* get you where you want to go, at *half* the cost.

What is anger costing you? Learn powerful, time tested and easy to learn techniques to control your anger and channel it to constructive and productive use. Learn to minimize the damaging effects that anger can have on your relationships and your health.

- This special meeting provides a safe, confidential environment to learn quick and effective tips & methods for handling anger.
- It is a safe place to simply listen & learn, or ask questions- you don't have to talk if you don't want to.

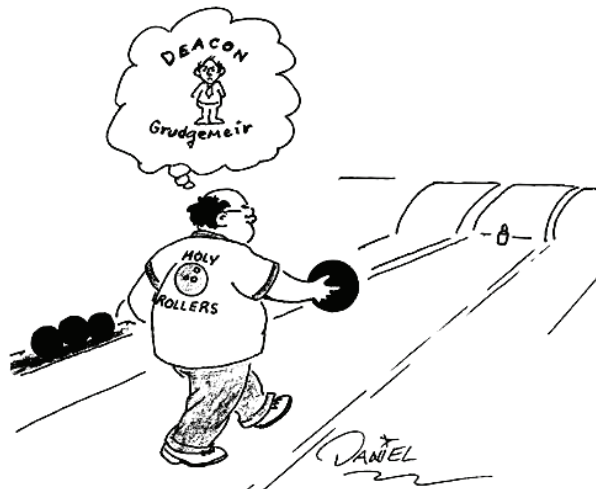
THIS IS A MULTIMEDIA EVENT!

- ◆ **11 VIDEO CLIPS** illustrating important points about anger
- ◆ **41 SLIDES**
- ◆ **PRESENTATION**
- ◆ **24 page hand out**

**TO REGISTER: DON'T WAIT!
RESERVE YOUR SEAT NOW! CALL
(318) 222-6800 OR EMAIL
martinLPC@bellsouth.net today!
Payments may be made by cash,
check or credit card.**

You Will Learn:

- 31 Ways to Manage Anger
- Cognitive Therapy Level One; Top Ten Thinking Mistakes that fuel anger
- Cognitive Therapy Level Two: Self Defeating Beliefs
- The Five False Beliefs that fuel anger
- Alternatives to anger: Assertiveness Techniques
- Passive, Aggressive & Assertive: Finding a balance
- The Brain and Anger
- The Anger Roadmap



BROTHER BLOOPER'S SECRET TO PICKING UP SPARES

When those who recently attended a Saturday meeting were asked: *“What would you like to say to someone who knows they could benefit from this meeting, but is reluctant to come?”* Here is what a few of them said:

- ◆ *“Just come and listen. You don't have to share if you are not comfortable. The cost of not coming, doing nothing or trying to do it on our own, will be more than the cost of coming.”*
- ◆ *“It is laid back, all those in attendance are non-judgmental because they are in difficult situations also. It provides a wealth of information to equip you.”*
- ◆ *“Just try it one time. You would be amazed at what you come away with.”*
- ◆ *“Don't be afraid. I believe this class is 'a healing' from God. A healing of the mind and heart.”*
- ◆ *“It is good to know that others are dealing with the same issues and also seeking professional help and guidance.”*

Ephesians 4.26 "Be angry [emotion]... but do not sin [the will]."

2 PARTS:

1. The **EXPERIENCE** of anger
2. The **EXPRESSION** of anger