

## How to Register

Don't wait reserve your spot early!!!

We offer an "Early Registration" discount as well as a "Couple Discount" for anyone who signs up the Wednesday before the meeting.

A discount of \$30-\$60 will be taken off the cost of your meeting for signing up early.

All payments must be received by Friday, the day before the meeting to ensure your spot in the meeting!

Call the office at  
(318)222-6800 or email at  
[healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net)

We Accept Cash, Check or Credit Card.

Find out how to remain COOL & CALM even in the most *maddening* situations.

Martin Miller, M.A., Executive Director  
Licensed Marriage and Family Counseling  
Licensed Professional Counselor  
National Certified Counselor  
Professional Life Coach



Please call the office to register or for more information

820 Jordan Street, Suite 401  
Shreveport, LA 71101  
Phone: 318-222-6800  
Fax: 318-222-6801

E-mail: [healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net)

[www.HealingHeartCounseling.Org](http://www.HealingHeartCounseling.Org)



## Cool & Calm Meeting



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



Distinctively Christian  
Professional Counseling

[www.HealingHeartCounseling.Org](http://www.HealingHeartCounseling.Org)

The COOL & CALM Meeting will help you to *take back control* of your emotions, gain power from them, and prevent other people or situations from pushing your buttons, all at *half* the cost.\*

## Meeting Info

Who: Healing Heart Counseling Center

What: Cool & Calm Meeting

Where: 820 Jordan St. Suite 401,  
Shreveport, LA

When: Saturdays from 9am-12pm

You can save more than 50% in 3 hours compared to scheduling multiple appointments.

There are no "quick fixes" but this is the next best thing.

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!

- ◆ 16 VIDEO CLIPS illustrating important points about anger
- ◆ 41 SLIDES
- ◆ PRESENTATION
- ◆ 24 PAGE HAND OUTS & INFORMATION

## You Will Learn:

- To stop letting *other people or situations* control your mood
- To *take back control* of your reactions to maddening situations
- Quick & Effective Tips & Tools to Manage Anger
- How to *Channel Anger* to empower you towards success in relationships & a rewarding life
- About the Brain and Anger
- The Top Ten Thinking Mistakes that fuel anger
- Reprogramming the Five False Beliefs that fuel anger, with the Truth
- Alternatives to anger: Assertiveness Techniques
- Passive, Aggressive & Assertive: Finding a balance
- The Anger Decision Roadmap



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."

*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*

**TO REGISTER: DON'T WAIT! RESERVE YOUR SEAT NOW! CALL (318) 222-6800 OR**

**EMAIL: [healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net) today!**

\* when compared to marital or individual counseling