



Anger Management for Women Class

This is a six-session class for women to learn to identify and express their anger in respectful and effective ways. Through presentations, handouts, practice, and discussion, participants will focus on analyzing and understanding individual patterns of stress and anger, negative self-talk, and developing tools for managing emotions and positive conflict resolution.

**Tuesdays, January 15 – February 19, 2008
5:30-7:00 p.m., 90 minutes.**

HealthPartners Inver Grove Heights Clinic
5625 Cenex Dr.
Inver Grove Heights, MN 55077

Instructor: Sue Cromwell, MSW, LICSW

Fee: \$150 per person. All Materials Included.

Registration: Complete attached registration form and mail to Sue Hamilton at the HealthPartners Inver Grove Heights Clinic, 5625 Cenex Dr., Inver Grove Heights, MN, 55077. Fee must accompany registration. **Registrations must be received by January 8, 2008.**

Refunds will be made for the following reasons:

- *If the class is filled prior to receiving your registration.
- *If the class is canceled by HealthPartners.
- *If you cancel your registration five business days before the class start date by calling 651-552-1720.

Anger Management for Women Class

January 15 – February 19, 2008, HealthPartners Inver Grove Heights Clinic

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone _____ Evening Phone: _____

Fee*: \$150 per person.

Medical Record Number: _____

***Fee must accompany registration.**

Referral Source: _____