

TEEG'S Focus on Family Program Presents....

## **Anger Aside- Directing Emotional Energy Effectively**

Our life experience is shaped by the quality of our relationships to spouses, friends, parent-child, employee-boss, etc. Negative thoughts, feelings and actions can be destructive to these relationships. This workshop will be a life changing opportunity for those who want to break free from old habits and reactions. This course is open to adult men and women age 18 and older. A certificate will be awarded to participants who complete the course.



All Sessions will be held at  
TEEG-15 Thatcher Rd.  
North Grosvenordale CT.

**Registration is required by  
March 1, 2019. Please con-  
tact Therese at TEEG at  
860-923-3458 or  
[thereseh@teegonline.org](mailto:thereseh@teegonline.org)  
to register**

- **FREE REGISTRATION**
- **LOCAL**
- **LIGHT DINNER FROM  
530pm-6pm**

**Monday March 4 - 6:00pm-7:30pm**

**Monday March 11 6:00pm-7:30pm**

**Monday March 18 - 6:00pm-7:30pm**

**Monday march 25 - 6:00pm-7:30pm**