



ANGER AND IRRITABILITY PART TWO

Do you feel like you go from 0 to 10 without knowing how you got there? This workshop is part two to Irritability is Not My Style and Anger Management. Participants will learn how to discover possible root causes and apply long-term skills to reduce anger to achieve better control and happiness.

Caryl Ward, CMHC, CFLE

Caryl Ann Ward is a clinical mental health counselor and a certified family life educator with master experience in teaching relationship skills, overall well-being, anger management, substance abuse, coping skills, and parenting skills. She is trained in trauma focus practices and family dynamics. She is conscious of the effects of the social environment and can help navigate life through therapeutic tools to improve life's satisfactions. Outside of the office she enjoys the outdoors, hiking, gardening, music, and spending time with her blended family of seven kids and two grandkids.

June 7th
2:00 p.m. MT

Event Location:
Online!