

FamilyTime Crisis and Counseling Center is a 501(c)(3) non-profit social service agency. Our mission is to provide an outreach program and accessible services to families and individuals in crisis through counseling, crisis intervention, information and referral, and emergency shelter.

*Other Services Offered by FamilyTime:*

- Free individual counseling for victims of crime, including domestic violence, sexual assault and child abuse.
- Free support groups for adult, female victims of domestic violence and sexual assault.
- Low-cost counseling for non-victim related issues.
- 24-hour crisis helpline.
- “The Door,” an emergency shelter for women and children who are fleeing abusive situations.

**FamilyTime 24-Hour  
Crisis Helpline  
(281) 446-2615**

**2011 COURSE  
SCHEDULE:**

Each 8-week session is held on consecutive Thursday evenings from 6:30pm to 8:30pm at the FamilyTime Office.

**February 10 – March 31**

**April 7 – May 26**

**June 2 – July 21**

**July 28 – September 15**

**September 22 – November 10**

If participants cannot begin on the first day of class then they must wait until a new class begins. If a session is missed, it must be made up the next time that particular session is offered.

*Dates and times are subject to change. Please call FamilyTime at (281) 446-2615 to verify class dates and times or to enroll in the program.*

**MANAGING  
YOUR  
EMOTIONS**

*Anger and Emotions  
Management Course*

*Presented by:*

**FamilyTime Crisis and  
Counseling Center**

101 Main Street  
Humble, Texas 77338  
(281) 446-2615  
[www.familytimeccc.org](http://www.familytimeccc.org)

# Managing Your Emotions

Anger is a normal, healthy human emotion that we all feel.

It is a natural response to things that may happen to us; often we cannot immediately discover what is behind the anger but the fact that we respond with anger puts us in touch with the fact that something is wrong at the time.

When expressed appropriately, anger can lead to problem resolution and improved relationships.

Often it is our mishandling of emotions that creates more problems in our lives, our relationships, and our work.

Learning to properly identify your emotions will promote healthy interpersonal relationships.

*Managing Your Emotions* is an eight-week course designed to give individuals a better understanding of the following:

- basic rights when angry
- different aspects of anger
- degrees of anger
- source of anger
- hidden anger
- how emotions affect our lives, health, and relationships
- the anger ladder
- personal anger triggers
- the anger pie
- identifying emotions
- the use of “I” and “you” messages
- methods of controlling anger
- keeping an anger journal
- power of positive self talk
- healthy ways to dissipate anger
- conflict resolution

*Managing Your Emotions* is an eight-week course that is offered throughout the year on Thursday evenings from 6:30 pm to 8:30 pm.

This course has been developed to help individuals manage their emotions and handle their anger appropriately and effectively.

All participants will be given a certificate of completion upon successful completion of the eight-week program.

The fee for the course is \$80.00, which includes the entire eight-week program and all program materials.

Please call FamilyTime at (281) 446-2615 for more information and program registration.