

# Why am I so angry?



jealous



guilty



ashamed



disillusioned



worried



indifferent



scared



anxious



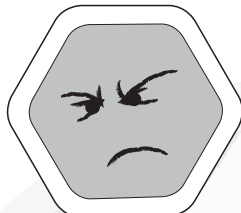
hurt



sad



frustrated



angry

## About Nancy Pinzon



Nancy Pinzón comes to you with more than 25 years of experience (personal development as well as professional).

Her investigative field has led her to delve into the root cause of suffering, while dedicating her efforts to the continuous discovery of the mysterious unconscious.

Nancy holds a Bachelor degree in Philosophy and Religion from Mary Baldwin College in Staunton, VA., Master of Arts in Conflict Transformation from Eastern Mennonite University in Harrisonburg, VA., and a Master of Science from Walden University in Mental Health Counseling, in Minneapolis, MN.

Beyond her academic achievements Nancy is certified as an Anger Management Facilitator and Mediator. These certifications allow her to provide such needed services to the community at large.

## MENTAL WELLNESS NOW, LLC

**Nancy Pinzón, LPC, CHT**  
Licensed Professional Counselor

**PRESENTS A COURSE IN:**

Anger  
Management

Effective ways to  
learn to control  
your emotions

**For more information please call:**

540-246-8155

### Contact Us:

**web:** [www.mentalwellnessnow.com](http://www.mentalwellnessnow.com)  
**email:** [info@mentalwellnessnow.com](mailto:info@mentalwellnessnow.com)  
**address:** PO Box 1705, Harrisonburg, VA 22803  
**phone:** 540.246.8155

## Introduction

Anger generates negative emotions that can provoke us to injure others.

When anger manifests negatively person can feel:

- Symptoms of panic
- Accelerated heart beat
- Blood pressure can rise activating higher levels of adrenaline.
- At times our muscles can become tight

When we become angry and excited we can experience black outs and dangerously hurt love ones, friends, or even strangers who cross our path.

It is for these reasons that participants be assisted with managing their emotions.

They can successfully be trained to control their feelings at a critical time and prevent serious consequences, such as being charged with assault and battery while facing jail time.

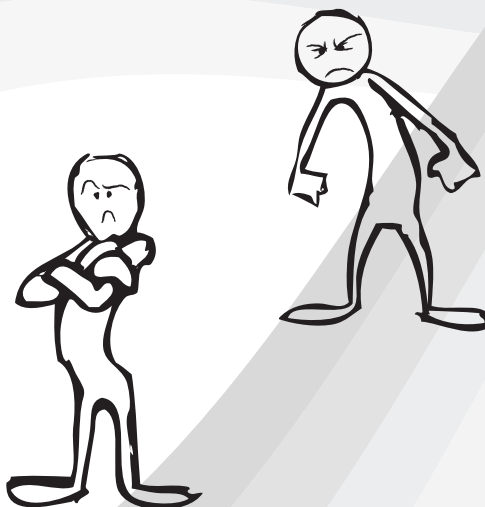


## Important Points

- The need to know ourselves.
- Evaluate the consequences before taking action.
- Increase motivation.
- Build better relationships and repair the damaged ones.
- Learn the positive and negative sides of Anger.

## Subjects of Discussion

- Anger and family.
- Violence.
- Aggression.
- Prevention of anger.
- Education on violence.
- Techniques to control our emotions.



## Who can participate?

- This course has been designed to assist individuals who find it difficult to control their anger.
- Participants can be adolescents or adults.
- Cases involving referrals from the court system are also welcome.

## Price \$

- Each session has a cost of **\$35.00**
- Participants who which to pay in advance for the entire course will be granted a **10% discount**.

## Certification

Once participants complete their training, a certificate of satisfactory completion will be awarded

## Duration of Course:

This is a 12-week course; 1-1/2 hours each session.

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Anger  
Management

Mental Wellness Now, LLC  
Assisting with tools for emotional wellness



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