

# Community Education Series

FREE TO PARTICIPANTS

THURSDAY, OCTOBER 29, 2009

6:15 P.M. – 8:30 P.M.

Hosted by Skyland Trail and Mental Health America of Georgia

## LEARNING OBJECTIVES:

- Understand three different styles that individuals use to express angry feelings
- Identify and understand different 'defense mechanisms,' and how they are used to mask anger in the workplace
- Learn basic techniques that anyone can use to de-escalate their own angry feelings at work
- Learn basic techniques in the identification and diffusion of another's angry feelings

## If You Don't Talk It Out, You'll Act It Out: Creative Strategies for Dealing with Anger in Relationships

**Evan L. Katz, M.C., LPC, MAC**

Licensed Professional Counselor, Georgia  
Certified DUI Evaluator, Master Addiction  
Counselor

## DOROTHY C. FUQUA TRAINING CENTER

(Located between the Hampton Inn and the Health and Education Center)

1961 North Druid Hills Road | Atlanta, Georgia 30329

404-315-8333

## AGENDA:

**5:45 P.M. – 6:15 P.M.**

Registration & refreshments provided

**6:15 P.M. – 8:30 P.M.**

Presentation

RSVP: [communityeducationseries@skylandtrail.org](mailto:communityeducationseries@skylandtrail.org) or 678-686-5901  
Deadline: Friday, October 23, 2009  
Register early, space is limited.

Applications have been submitted to LPCA-GA and NASW-GA. Approval status pending for 2 continuing education credits.



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