

## Confidentially

All Dial Help Services, including Anger Management Classes are private and confidential. Dial Help understands and safeguards the importance of privacy in our small upper peninsula community.

## Continued Support!

In addition to weekly classes, Dial Help offers a free crisis intervention helpline (906) 482-HELP, there when you need it. Included in the course rate is special access to Dial Help's Anger Management Support Website which is available to you during and after your Anger Management Classes end with continued access to your facilitator.



## Dial Help Inc.

609 Shelden Avenue  
Houghton, MI 49931  
(906) 482-9077  
Fax (906) 482-2502

[www.dialhelp.org](http://www.dialhelp.org)



## Dial Help Anger Management Classes

*Is Your Anger Under Control?*

*Is your Anger Hurting Someone you love?*

(906) 482-9077

## What is Anger? Why is it important?



### What is Anger? Is it good, is it bad?

Anger is a natural, normal, and even healthy secondary emotion born out of frustration, fear, disappointment, annoyance, stress or any number of different primary emotions. Anger can be used constructively to protect us and help us resolve problems, but mishandled anger can lead to unwanted consequences, damaged relationships, and physical health problems.

### When Does Anger Become a Problem?

Anger becomes a problem when it is felt too intensely, is felt too frequently, or is expressed inappropriately. Feeling anger too intensely or frequently places extreme physical strain on the body.

## Our Philosophy

To “help people help themselves” by providing immediate, accessible, and affordable services to the communities we service

## Program Goals

- Learn to manage anger.
- Stop violence or the threat of violence
- Develop self-control over thoughts and actions.
- Receive support and feedback from others.

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**Please call (906) 482-9077 for information or to register for the course.**

## Anger Management Course Rates

The Dial Help Anger Management Course is 12 Weeks long, each Thursday evening at 5:30pm.. \* Special accommodations can be made, additional fees will apply. Special accommodations do not include any disabilities under the Americans with Disabilities Act.

<p><b>Basic Course (12 Weeks with multiple participants).</b> The basic course will have multiple participants.</p>	<p><b>\$175.00 per participant at the beginning of the course or \$15 per participant per session.</b></p>
<p><b>Special Accommodations Course (12 Weeks).</b> Special accommodations include special dates, times, and single participant classes. All efforts will be made to include multiple participants in a class but this is not always possible.</p>	<p><b>\$250.00 at the beginning of the course or \$22 per session.</b></p>

\*All class materials and workbooks are included in the above rates.

\* With participant permission Dial Help can report attendance and completion status to referring agencies. Only participants that complete all requirements and have paid in full will be confirmed as completing the class.