

MEETING SCHEDULE FOR 2018
ANGER MANAGEMENT MINISTRY—ST. ROSE OF LIMA CHURCH

No.	DATE	TOPICS
1.	Jan 22	Understanding Anger
2.	Jan 29	Understanding Anger PART2
3.	Feb 5	Help, What Can We Do About Anger?
4.	Feb 19	Help, What Can We Do About Anger? PART2
5.	Mar 5	My Anger Patterns, Thoughts, and Triggers—Countering Thoughts
6.	Mar 19	My Anger Patterns, Thoughts, and Triggers—Countering Thoughts PART2
7.	Apr 2	Working Through My Anger—Quick Tips to Cooling Down Anger
8.	Apr 16	Anger Management Tips for the Long Haul—Debriefing an Argument
9.	May 7	Communication Skills - Assertiveness
10.	May 21	Active Listening Skills
11.	Jun 4	Arguments and De-escalating an Argument
12.	Jun 18	Conflict and Conflict Resolution
13.	Jul 2	Emotional Intelligence—Accessing Empathy
14.	Jul 16	The Illusion of Control
15.	Aug 6	The Illusion of Control PART2
16.	Aug 20	Developing Healthier Relationships, Understanding Co-dependency
17.	Sep 3	How Are Your Boundaries? How to set Healthy Boundaries
18.	Sep 17	Tips for Stress Management
19.	Oct 1	Problem Solving Skills to Help with Managing Stress
20.	Oct 15	Wheel of Life: How Satisfied are You? Change, Accept, & Let Go
21.	Nov 5	Self-Defeating versus Self-Enhancing Thoughts and Behaviors
22.	Nov 19	Defense Mechanisms
23.	Dec 3	Ego and Anger—Why Forgiveness is Difficult