



DR. ALAN OWENS PRESENTS “DEALING WITH ANGER”

LOCATED AT ST. MARGARET
MARY IN THE MINSITRY CENTER,
DOWNSTAIRS OF MCDONNELL
HALL. 113 S. HUBBARD ST.
ALGONQUIN, IL 60102.

Points of Discussion:

- What is Anger?
- Potential Causes of anger
 - The anger cycle
- Anger management strategies
- Tips with dealing with an angry person

ALL AGES
WELCOME

May 26th from 7pm to 8:30pm