Anger Management Schedule

Tazewell County

(Call for location and class times)

Lee County

(Call for location and class times)

Carroll County

(Call for location and class times)

Anger Management Classes

Tazewell County
Sissy Miller
Phone: (276) 210-0427
Email: lmiller@oe-inc.org

Lee County
Elizabeth Bailey
Phone: (276) 477-9853
Email: elizabeth.fee@oe-inc.org

Carroll County
Emily Parks
Phone: (276) 608-7117
Email: eparks@oe-inc.org

Adults and Adolescents

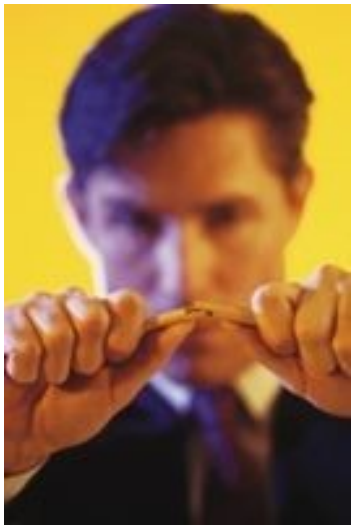
Occupational Enterprises, Inc.

450 Commerce Drive Suite 6
Abingdon, VA 24211

Office: (276) 889-0290
Toll Free: (866) 205-9517
Fax: (276) 525-4388
E-mail: administration@oe-inc.org

Anger Management Classes

This in-depth 8 session comprehensive Anger Management class, taught by a Certified Anger Management Instructor, will educate individuals in a variety of areas that will ultimately help improve and supply knowledge on how to control anger positively and effectively. Participants will receive a certification after participating in all 8 sessions. Available for adults and adolescents.



Core Eight Anger Management Skills

- Recognize Stress
- Develop Empathy
- Respond Instead of React
- Change that Conversation with yourself
- Communicate Assertively
- Adjust Expectations
- Forgive, but Don't Forget!
- Retreat and Think Things Over!

OEI

"For every minute you remain angry, you give up sixty seconds of peace of mind"
- Ralph Waldo Emerson