

Harmony Heals, Inc



ANGER MANAGEMENT (STAGE 1)

THIS WORKSHOP IS FOR THOSE WHO EXPERIENCE ANGER AND FIND IT HARD TO EXPRESS IN HEALTHY AND APPROPRIATE WAYS. USING BASIC ANGER MANAGEMENT TECHNIQUES YOU WILL LEARN TO HANDLE YOUR ANGER MORE EFFECTIVELY.

- **LEARN TO FOCUS YOUR ANGER SAFELY**
- **LEARN THE ROOTS F YOUR DISPLACED ANGER**
- **EXPRESS ANGER WITHOUT HURTING YOURSELF OR OTHERS**
- **EXPERIENCE RELIEF FROM YOUR ANGER**

FIRST SATURDAY OF THE MONTH

RAGE AND GRIEF WORKSHOP (STAGE 2): THIS WORKSHOP IS DESIGNED TO RELEASE THE PAIN AND RAGE YOU CARRY FROM THE PAST AND ACT OUT IN THE PRESENT. UTILIZING THE TECHNIQUES OF BODYWORK, GUIDED IMAGERY AND A "RAGE HOLD," YOUR RAGE CAN FINALLY BE RELEASED WHILE BEING CONTAINED IN A SAFE ENVIRONMENT.

SECOND SATURDAY OF THE MONTH

PSYCHODRAMA: PSYCHODRAMA IS AN ACTION ORIENTED GROUP METHOD, UTILIZING ROLE-PLAYING TO EXPRESS AND RELEASE YOUR FEELINGS. BY CONFRONTING DIFFICULT SCENARIOS IN YOUR LIFE, IN A SAFE PLACE, YOU PRACTICE WAYS TO DEAL WITH THEM IN REALITY, THUS LEAVING FEELING MORE EMPOWERED.

THIRD SATURDAY OF THE MONTH

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