



Tabernacle Community

In association with Freedom Counseling Ministries, Inc.

Invites the Public to a FREE Seminar

FIVE STEPS TO USING ANGER IN A GODLY MANNER

Presented by

Pamela K. Fletcher, M.S.

Licensed Mental Health Counselor

Seminar Topics

Four Consecutive Saturdays

September 6,13,20,27

September 6

- Why everybody gets angry
- The reality and purpose of anger
- Physical Illness and anger
- When does anger become sin?

Time: 9:00—12 noon

September 13

- Avoiding reactive responses when angered
- How to calm down
- How to understand and own your anger

September 20

- How to forgive your self and others
- How to avoid being injured again
- How to have a constructive conversation

September 27

- What to do when the other person won't listen
- What to do when anger is "eating you up"

TABERNACLE
COMMUNITY
FELLOWSHIP HALL
LOCATED AT

1616 Ferndale Avenue
Melbourne, FL 32935

For more information
and

registration call

321-259-2024

CEU's available
upon request.