

# HEALING ANGER WORKSHOP



✿ facilitated by Chip August ✿

Next Bay Area Workshop:

**Date: To Be Announced**

**Time: 9:45 am to 6:00 pm,**

**Location: San Francisco**

**\$115 per person/\$200 per couple/\$100 per repeater**

We all have anger and most of us don't know what to do with it. Often we allow it to hurt ourselves and the people we love most. The *Healing Anger Workshop* begins a process of transforming our relationship with anger. Through varied exercises you will transform your relationship with your emotions, heal your fears of anger, and dramatically enhance the quality of your life.

**In a safe and supportive atmosphere, you will:**

- ✿ Release old hurts, angers & resentments ✿
- ✿ Recognize and express your anger healthfully ✿
- ✿ Increase self-awareness and self-esteem ✿
- ✿ Learn to listen and receive others' anger ✿
- ✿ Enhance your health and well-being ✿
- ✿ Have fun, love and be loved ✿

**Please dress comfortably in layers, and bring an old pillow to beat on.**

Since 1990 Chip August has led workshops and events on four continents. In addition to co-creating and leading the *Healing Anger Workshops*, Chip is a facilitator with the **Human Awareness Institute**, a **Parent Effectiveness Trainer (PET)**, and a charter member of **Project Victory**,

a national organization that teaches conflict transformation skills. Chip is available for personal coaching as well as individual and family counseling.

To register, send a \$50.00 deposit per person to:  
"Chip August, 448 Falk Court, Menlo Park, CA 94025"  
For more information call Chip at (650) 327-9029  
e-mail:<ChipAugust@GMail.com> -- web site:  
<[www.ChipAugust.com](http://www.ChipAugust.com)>