All relationships inevitably involve conflict. Simply put, people irritate us and make us mad. But few of us know how to deal with our anger in a constructive and productive way. And it is not our fault. *No one ever taught us how to argue constructively.*

Join us for this three-part seminar to learn how to deal with conflict and anger. You will leave with valuable information that will help you improve your relationships, receiving both practical tips and a deeper understanding of where anger comes from and how to control it.

- *25 Helpful Hints for Dealing with Anger*
- *The Surprising Goal of Arguments*
- *7 Ways to Calm Down Before You Blow Up*
- *Why You Keep Having the Same Argument Over and Over*
- *How to Understand the Anger Cycle*

**Tuesday, October 23rd**
3:30-4:30 PM
Red Shoe Room
Price Center West, 2nd Level

For more information, please contact
Scott Hansen, PhD
(858) 534-5915
caps.ucsd.edu/groups

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at 858 534-3755 to arrange an appointment.