**Rage and Anger Neutralization Training Program
R.A.N.T.**

Anger is something that we all experience at one time or another.  How we handle that anger is what is important.  No one makes you angry, you can definitely be angry, but no one makes you angry.  We believe that there is always another emotion underneath the anger; if you can find out what that is and deal with that, you will have a better idea of how to control your anger.

If you or someone you love needs Anger Management, please click on Contact Us and send us an email.  We would like to hear from you.

The RANT program has the following objectives:

***Learning Objectives***

1.                  Participant will learn how to manage anger

2.                  Participants will learn the concept of problem solving

3.                  Participant will learn that they are responsibility for their anger and learn ways to apply the concepts of responsibility to other areas of their lives

4.                  Participants will learn to understand their anger

5.                  Participants will learn how to responsibly respond to another person’s anger

6.                  Participant will learn coping skills