

Anger Management/Appropriate Decision-Making Class ONLINE-2024-2025 Presented by Christine Baccari

This class is being offered on line/prerecorded videos for you to view on your home pc OR on your SMART phone. There are no scheduled dates or times for this class so you may start at any time. You may complete the videos over a two-week period or complete them all in one day.

Class Content Includes:

- Exploration of the problem behavior
- Strategies for good decision-making
- Organization for daily living
- Developing a personal plan of action
- How substance abuse affects decisions
- Diffusing anger
- Barriers and hindrances to success
- Why sleep, diet and exercise matter
- The effects of personal relationships
- Identify risk factors and family cycles
- Problem solving technique

REGISTRATION: Please call or text me to register for this class at 402.680.5033.

COST: \$105

ACCEPTED METHODS OF PAYMENT: credit, debit, cash, or money order

DELIVERY OF THE VIDEOS: The videos can be viewed over email or via text. You may start and stop the videos at any time and have two weeks to finish.

TEST: There is no test but the speakers will call out codes/numbers during their speaking portion and you will need to write those codes down. This is to ensure that each individual is actually viewing the material.

CERTIFICATES OF COMPLETION: Upon completed the videos, you will be asked to fill out a form at the end which will ask for the codes. You will also indicate on this form to whom you would like the certificates sent.

WHEN WILL I RECEIVE MY CERTIFICATE? The certificates are generated on the Sunday following class completion.

NO TECHNOLOGY? NO PROBLEM! Just call Christine for other options at 402.680.5033

For questions please call or text Christine Baccari at 402.680.5033 OR email at [**christine@baccari.com**](mailto:christine@baccari.com)