

# FIRESIDE CHAT SERIES 2014



## MANAGING YOUR ANGER

- Take deep breaths
- Count to 10
- Relax your body and stay calm
- Get away... from the situation or the person making you angry
- Consider the best way to react
- Exercise — walk or bounce a ball
- Keep a journal and write things down
- Tell yourself you are all right
- Talk to someone

What other ways can you manage your anger?

For more information or to RSVP your attendance, please call (773) 483-3696 or email [acruz@gagdc.org](mailto:acruz@gagdc.org)

\*In partnership with The John Marshall Law School - Conflict Resolution Institute

RedLine

CTC

## CONFLICT RESOLUTION INFORMATIONAL



Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement among them. This can happen in, *workplace* or *home*. Please attend this FIRESIDE CHAT on **Conflict Resolution** and learn how to spot it, get help, or help someone else. Small businesses, organizations, community stakeholders (ALL) are welcome!!

***When: Monday, Oct. 27, 2014***

***Where: Urban Partnership Bank (Second Floor)***

***7801 S. State Street***

***Time: 2 pm – 4 pm***