



RESPONDING TO ANGER & RAGE

Intense emotions require an equally intense focus on healing.

Gain a better understanding of rage and anger's differences, origins and impact.

Explore solutions for managing yourself, deescalating intense situations, and facilitating recovery and healing for all involved.

Meet your trainer!

Karas Fairchild, Heartland Mental Health Consultant

Karas has worked in the family services field for 15 years and thrives on leading this 3-day training with humor and easy to understand analogies and connections.

Space is limited to 50!

Register by May 5.

Responding to Anger and Rage

is a three-day **Conscious Discipline** course that blends an E-learning platform with in-person facilitated sessions.

*Learn how to apply the **Five Steps for Self-Regulation** in the context of anger and make a plan for implementing them in your workplace.*

Course Details

When: July 7 - 9, 2025

Time: 8:00 am - 4:00 pm

Place: Hageman MPR, 409 W. Cloud

Who: Both Elementary and Secondary certified staff serving a Salina Public School

Optional Graduate Credit

Two graduate credit hours are available from MidAmerica Nazarene University for \$150.

**Participants must attend all three training days.*

Register here

<https://forms.gle/hLafDBZk1Wn6Nvhw7>

