



D. Gregg Mohr MA, CDP
 has 17 yrs of experience as a counselor and specializes in anger management & addiction related issues.

Gregg has his Masters in Counseling Psychology & is a Certified Chemical Dependency Professional.

Conflict is unavoidable
 Expect it!

Conflict is inevitable
 Plan for it!

Conflict is necessary
 Grow through it

Gregg is a therapist, an educator, a life-coach and a motivational speaker.



Cedar Park Counseling Network

Offered in two locations:

KENMORE

18737 - 68th Avenue NE
 Kenmore, WA 98028

- Main Office
- All groups and classes

BELLEVUE

12727 Northrup Way
 Suite 16
 Bellevue, WA 98005
 Cascade PL, II

Affordable
Affordable

Phone: 425-939-1490

Fax: 425-485-8369

Work Cell Phone: 425-381-7407

Email:

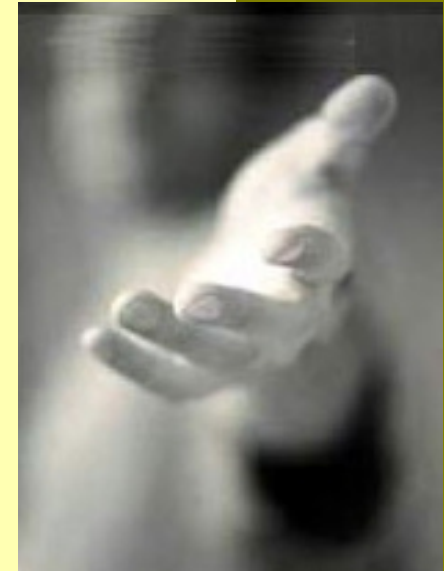
dgm@lifeconsultingservices.org

Websites:

www.cedarparkcounseling.org

www.lifeconsultingservices.org

Anger Management & Addiction Services



*We Care
 We Can Help*

Who We Are

Cedar Park Counseling Network

is a Washington State Licensed Mental Health & Drug and Alcohol Service Provider.

CPCN has served the community for over ten years. With a commitment to excellence in all that we do, **CPCN** leads the way in reaching in, not only to the mind and heart, but also to the spirit. We work with you to inspire healing and resolution through the application of sound clinical practice and penetrating truth.



Where from here?

ANGER / STRESS / CONFLICT

Anger, stress, frustration, or just plain “ticked off,” are all expressions of intrapersonal conflict (*conflict within us*). How we respond to the conflict within us determines how we respond to the conflict between us.

Interpersonal Conflict



Unlike approaches that emphasize controlling your anger or not getting angry,

CPCN promotes Growing through Conflict.

To facilitate the daily application of insight and transformation of character, CPCN offers the following:

- Individual sessions
- Anger to Authenticity
8 and 16 hour Anger Management classes for both voluntary and court ordered individuals (\$50 per 8 hour class).
- The Good Guy Club - A weekly 2 hour meeting educating men in the art of managing conflict with character. Excellent for court ordered clients when 16 hrs is not enough but 12 months is too much (\$20 per class).
- Conflict Management Workshops
(Designed with your needs in mind)

ALCOHOL / DRUGS / OTHER ADDICTIONS

CPCN is a Washington State Licensed Drug & Alcohol Service Provider

While certain substance or activity fueled behaviors do influence obvious problems:

- DUI
- Assault
- Victimization
- Arrest
- Divorce
- Homelessness
- Stress
- Disease
- Domestic violence
- Accidents
- Job loss

etc...

Neither the substance nor the activity

CPCN offers the following outpatient services:

- Level 1 (Intensive Outpatient)
- Level 2 (Outpatient)
- Relapse Prevention & Education
- Urine Analysis

