

Anger Management Class

offered by

The Family Advocacy Program

- * Get control of your emotions and learn how to manage your anger.
- * Individuals who can not manage their anger often make bad decisions and poor choices.
- * Uncontrolled anger interferes with relationships and job performance.
- * Learn practical steps on how to control and express anger appropriately.

Call 734-6381 for more information
or to register for the next class.



Army Community Service - "Putting Soldiers and Families First!"