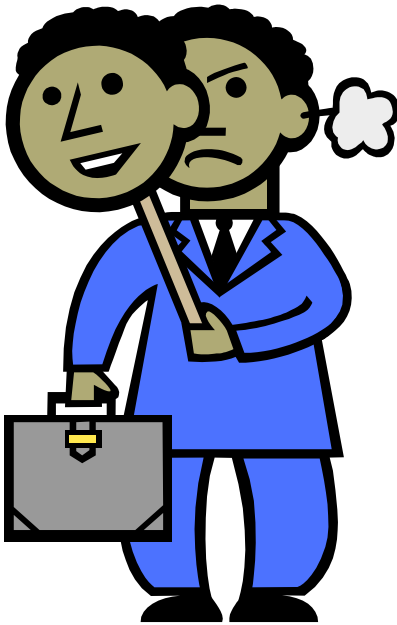


# Anger Management Group

Can teach you ...



- ❖ Discussion instead of arguing
- ❖ Your “anger triggers”
- ❖ Relaxation Techniques
- ❖ To resolve conflicts and keep control
- ❖ And more...

**Anger Management follows a set curriculum so it is important to attend both sessions**

**This group is open for all consumers and meets twice a month. Contact Customer services for more information & to sign up!**