

ANGER MANAGEMENT

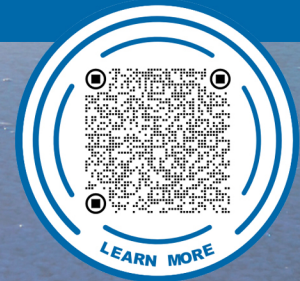
Consumer Group



Anger Management can teach you:

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

Meets twice per month. This group follows a set curriculum. It is important to attend all six classes. Contact Customer Services at the number below or visit www.genhs.org/consumergroups to sign up.



Call 810-257-3705
TTY 810-257-1346

GHS Genesee
HEALTH SYSTEM
Hope and health in the community

Customer Services: 810-257-3705 or TTY 810-257-1346
(Main Campus) 1040 W. Bristol Rd. Flint, MI 48507 | (Children's Services) 1402 S. Saginaw Rd. Flint, MI 48503
24/7 Crisis Line: 810-257-3740 • www.genhs.org