

# Are you frustrated, irritated, or just plain mad?



## Anger Management

1100-1230

08 Jan 12 Feb

12 Mar 16 Apr

Anger Management is a lunch hour workshop designed to define anger, its causes, and effects. You will learn to identify responses to angry feelings, warning signs and triggers, and develop an anger management plan.

For more information or to register, call:  
531-1938