

ANGER MANAGEMENT



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

To register, call: 337-531-1938

Childcare is provide as long as children are registered with
CYSS.

Time & Dates:

11:00 – 12:30

14th January

11th February

11th March

1591 Bell Richard Avenue
Bldg. 920

Fort Polk, LA 71459

www.facebook.com/fortpolkACS

