

ANGER Control Series

Anger is a normal and healthy emotion, but it's important to learn how to deal with it in a healthy way.

Attend this series and learn to:

- Respond instead of reacting
- Adjust your expectations of others
- Forgive, but don't forget

Tuesdays & Thursdays in January
10-11 a.m.

Building 7260

Register by January 3

For more information call

(229) 639-7935