

ANGER MANAGEMENT

Anger is a normal and even healthy emotion, but it's important to deal with it in a positive way. In this series you will learn how to respond instead of react, forgive those who have hurt you, and adjust your expectations of others.

July 9, 13, 16, 20, 23, 27, 30 & August 3

9:00 - 10:00 a.m.

Chapel Annex, Building 7260

Register by July 6

For more information call (229) 639-7935