

ANGER MANAGEMENT

FOR THE 21ST CENTURY

This is a great class for anyone who wants a little help managing anger or stress. The 8 week course provides participants with 8 tools to effectively manage anger: dealing with stress, walking away, learning empathy, responding instead of reacting, forgiving but not forgetting, and assertive communication.

Mondays 1300-1400
Building 807 (IPAC Building) Room 33, MCAS Beaufort

For more information and to register please contact Megan Grabowski
at megan.l.grabowski@usmc-mccs.org or 843-228-7059.



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