

# DOMINATING STRESS & ANGER



**7 JANUARY & 4 MARCH**

**0900-1030 | MCFTB office, MCAS Beaufort**

Stress is part of everyday life. It can motivate us to do great things, but can cripple us if not managed properly. Learn the differences between "good" and "bad" stress, stress and anger triggers and methods to manage it in a healthy way - all in a relaxed classroom atmosphere.

**REGISTRATION IS REQUIRED.**

**Register using the calendar at: [mccs-sc.com/mil-fam/mcftbmcas.shtml](https://mccs-sc.com/mil-fam/mcftbmcas.shtml)**

**For more information: [lisa.m.traver@usmc-mccs.org](mailto:lisa.m.traver@usmc-mccs.org) or 843-228-6141**

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