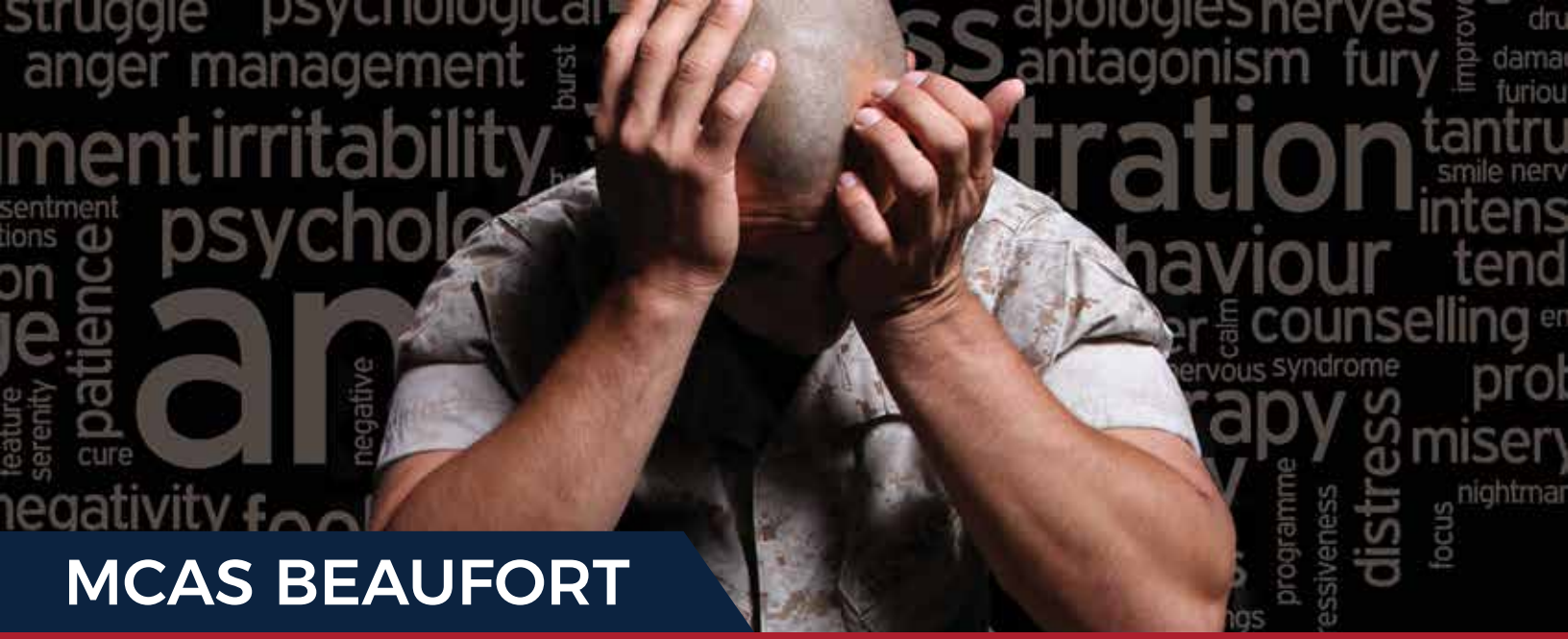

MCAS BEAUFORT

21ST CENTURY ANGER MANAGEMENT

EVERY THURSDAY 1400-1500
MCAS BLDG. 807 • IPAC RM 33

THE BENEFITS

KNOWING YOUR TRIGGERS
LEARN TO IDENTIFY WHAT PROVOKES YOU

ASSERTIVE COMMUNICATION
LEARN HOW TO BE AN ASSERTIVE COMMUNICATOR AND STRATEGIES TO RESOLVE INTERPERSONAL CONFLICT

RESPOND INSTEAD OF REACT
LEARN TO CALM YOURSELF WHILE IN ANGER PROVOKING SITUATIONS

This is a set of classes that reviews 8 tools of anger management. The goal of this set of classes is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy, constructive ways in which to express frustrations.

Scan to Register

For more information:
jenifer.klepesky@usmc.mil
843-228-7059

MARINE & Family | Family Advocacy Program

MCCS SOUTH CAROLINA