



MCRD PARRIS ISLAND

21ST CENTURY **ANGER** MANAGEMENT

EVERY WEDNESDAY 1400-1500
MCRD RELIGIOUS MINISTRIES

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