

STRESS & ANGER MANAGEMENT

Classes offered every 3rd Thursday*
1:00-2:30 p.m.

Family Outreach Center • Building 33512, 547 Rice Drive
Register no later than one day before each event

Gain the tools needed to resolve anger and stress in a healthy way. In this class, you will explore and learn ways to identify your own anger and stress cures. Participants will discover healthy ways to communicate and express anger to enhance their relationships. Classes are offered both virtually and face-to-face.

Certificate of completion is provided at end of course.

To register for classes, contact ACS:

706-791-3579

*Provided to units upon request.

