

Every Thursday



CENTURY ANGER MANAGEMENT

WHAT IS IT?

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.

CLASSES OFFERED AT:

Bldg. 1438N

Thursdays 0900-1000

760-830-6345

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 situation



760-830-6345



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