



ANGER MANAGEMENT

**FREE 4-SESSION
WORKSHOP**

**March 24, 31 & April 7, 14
9 – 11 AM**

**Bldg 12, Conference Room
Henderson Hall**

Anger is a normal emotion; however, many of us struggle to express our emotions in a healthy way. In this four-session workshop, you will learn how to recognize what triggers your anger and to develop realistic strategies that will help reduce angry outbursts. Attendees must complete all four-sessions for certification. Registration is required.

**Marine & Family Services
703-693-0086
www.mccshh.com**

