



ANGER MANAGEMENT

FREE 8-SESSION
WORKSHOP

Participants must attend
eight sessions in order to receive
a certificate of completion

**Wednesday Mornings • 9 – 11
Bldg. 12, Conference Room**

**Eight anger control tools
to learn before it's too late!**

**For additional class information or
to pre-register, call 703-614-7204**

Classes start January 18

**Open to DoD ID card holders
www.mccsHH.com**

