



Keeping Your Cool!

ANGER & STRESS MANAGEMENT

**FREE 4-SESSION
WORKSHOP**

**October 19 & 26,
and November 2 & 9
9 – 11 am**

Bldg. 12, Conference Room

This four-session class focuses on both anger and stress management topics. Participants will learn how to identify the underlying causes and triggers of anger and stress. There is a focus on recognizing negative thoughts and their role in managing emotions. Participants will also learn how to express their anger and stress in an appropriate way to minimize conflict in their personal and professional environments. Registration is required prior to the start date. Attendance at all four sessions is required for a certificate of completion.

**Open to DoD ID card holders
Marine & Family Services
703-693-0086
www.mccsHH.com**

