



MARINES
THE FEW. THE PROUD.



CENTURY **ANGER** MANAGEMENT

WHAT IS IT?

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:

Building 1438N
(4th and Sturgis)

Every Thursday, 9 - 10 am

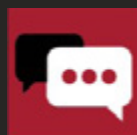
TO REGISTER CONTACT:

760-830-6345
plmsfap@usmc.mil

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 conflicts



Respond instead of React
Learn to calm yourself in anger provoking situations

Limited seats available, call to reserve your spot today!