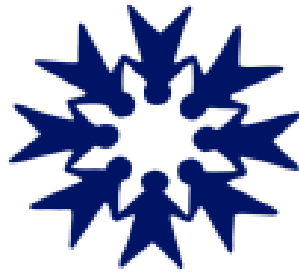


Change anger energy into productive action

Learn how to manage stress and thoughts that trigger anger

Develop problem-solving communication techniques



ANGER MANAGEMENT CLASS

\$80.00 for 8-hour course

Meets 2 hours per week, day or evening available

Interface-Samaritan Counseling Centers

Galleria area and Spring area

Contact Mark Herranen, M.A.
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