

ANGER MANAGEMENT

FOR THE TWENTY-FIRST CENTURY

An 8-week evidence-based curriculum to teach skills that can be successfully applied in the workplace, relationships, or any other life situation where anger control is needed.

Learn the *Eight* anger management skills:

- Stress
- Response
- Self-Talk
- Time-Out
- Empathy
- Assertiveness
- Expectations
- Forgiveness

FREE & Confidential.

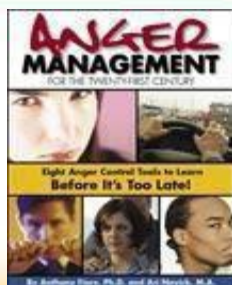
Open to active duty, family members, retirees, and DoD civilians.

For details visit mccsCP.com/prevention-education

Workshops offered:

Tuesdays, 0800-1000
Naval Hospital Camp Pendleton
Patient Learning Center
Room #1407

Wednesday, 0800-1000
Family Advocacy Program &
Community Counseling Center, North
Building 520512



This is an open enrollment class; participants may start during any session.
Pre-registration is required.

To register, please call **760-725-6636**.

