

IS THIS YOU?

One out of five Americans has an anger management problem.



Anger is a natural human emotion. It is nature's way of empowering us to "ward off" our perception of an attack or threat to our well being. The problem is not anger, the problem is the mismanagement of anger.

The solution is Anger Management Class. This four week class will give you the tools you will need to get that anger under control.

WHEN: Every Wednesday

TIME: 12:00—1:-30 PM

**WHERE: At Med. Clinic
3rd Floor ANAM Room**

Drop-ins are welcome—you do not need to register in advance. For more

information, contact :

Family Advocacy at 696-5380

POC: Sue Ann Simmons, LCSW, CAS