

Anger Management for the 21st Century

Marine and
Family Program
Annex (AS-90)




February 7 & 14
1 - 4 pm

(Must take Part I before attending Part II)

This two day workshop is for people who want to build a solid foundation and learn how to manage this strong emotion in healthier ways. Discussions are organized around eight core skills of anger management.

Open to Active Duty, family members, retirees, and DoD civilians.

 449-6110

