

# ANGER MANAGEMENT



**Tuesday, January 8**  
**10 a.m.-12 p.m.**

Fleet and Family Support Center  
Washington Navy Yard  
Bldg. 154 Conference Room <sup>+</sup>

## **Anger is a basic emotion.**

This workshop provides you a better understanding of anger and the skills to express and manage your anger in an effective way.



Anger is a normal feeling, but do you know what to do when the heat rises in a situation? In this class you can learn about the patterns of angry behavior and a variety of acceptable coping strategies to handle angry feelings. This class is designed to help you reduce unacceptable expressions of anger at home and work.

Please register by Jan. 7.

Open to all with base access. Classes are subject to change. Please call Fleet and Family Support Center at 202-685-0229 to sign-up and reserve a seat for all classes, as space is limited. For more information, call the Education Services Facilitator at 202-685-8327.

**STAY  
CONNECTED**

