



# Anger Management

12 weeks group class for adults

Learn to deal with Anger, Conflict, Frustration, Stress, & More

## SKILLS FOCUSED ON

LEARNING AND UNDERSTANDING THE FOUR CUES TO ANGER - YOUR TRIGGERS AND HOOKS - AWARENESS, ACCEPTING AND COPING - DEVELOPING AN ANGER & STRESS CONTROL PLAN - UNDERSTANDING STRESS - COMMUNICATION - POSITIVE THINKING - CONFLICT RESOLUTION

**TUESDAYS | JAN. 9 - APR. 9**  
**5:30PM - 7:30PM | KAFASI**  
**7730 SHERIDAN RD**  
**KENOSHA, WI**

For more information or to register contact:  
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