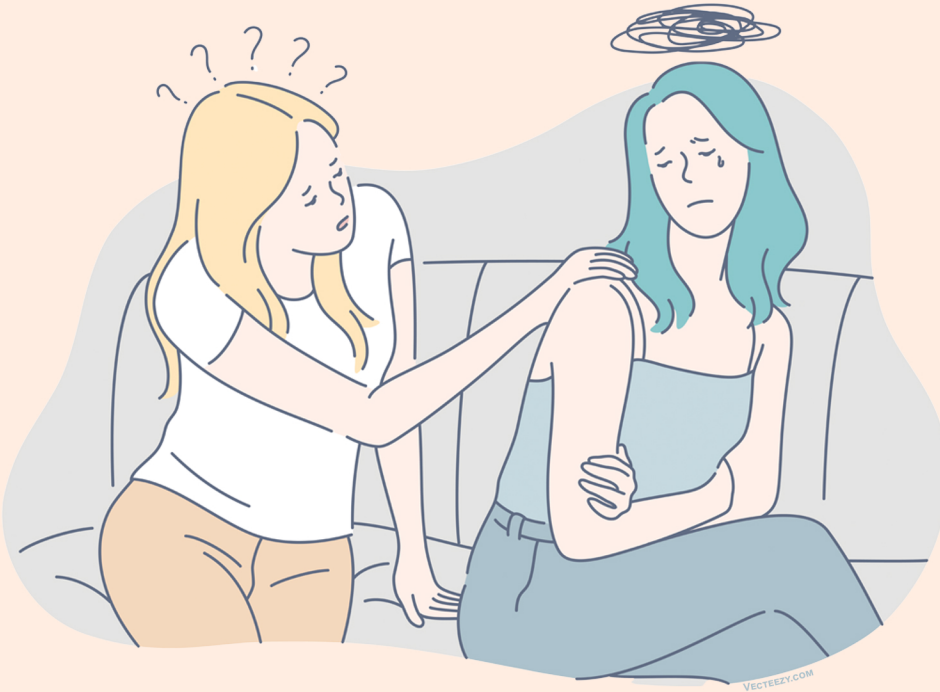




Anger Management

*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 | SEPT. 15 - DEC. 8
5:30PM - 7:30PM | KAFASI
7730 SHERIDAN RD
KENOSHA, WI

For more information or to register contact:

Lisa L. Bowe, BA CAMF
262-818-1452 or lbowe@kafasi.org

**\$30.00 PER SESSION PAID WEEKLY (\$300.00). A DISCOUNT IF PAID UP THE FIRST 4 WEEKS OF CLASS \$240.00. PAYMENTS ARE DUE WEEKLY. INDIVIDUALS HAVE NOT PAID IN FULL BY WEEK 10, NO INFORMATION IF COMPLETED OR NOT WILL BE RELEASED UNTIL BALANCE IS PAID IN FULL. THOSE WHO NEED INFORMATION FOR COURT WILL NEED TO ACCEPT THE INDIVIDUAL DID NOT COMPLETE THE COURSE. IF PARTICIPANTS MISS MORE THAN ONE SESSION IT WILL AFFECT THE PERSON COMPLETING THE COURSE.