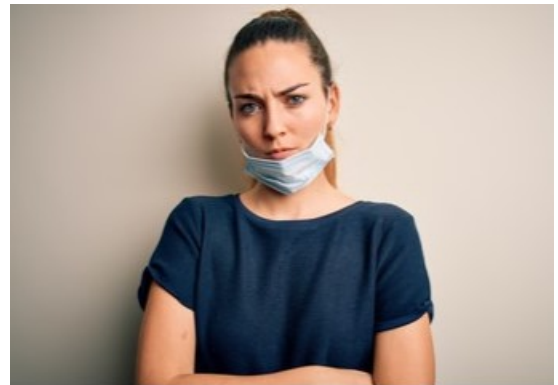


Adult Anger Management

CARE of Southeastern Michigan offers a six-week Anger Management workshop for adults.

The workshop will focus on practical skills that include:

- Successfully managing strong emotions
- Maintaining self-control, even under stress
- Communicating assertively for better relationships
- Staying calm when faced with "angry triggers"



All participants must wear a mask and practice social distancing.

For more information or to register, visit www.careofsem.com or call 586.541.2273.

DATES: Tuesday, August 3 – September 7, 2021

TIME: 6:00 pm – 8:00 pm

LOCATION: Recovery United Center (RUC)

32577 Garfield Rd., Fraser MI 48026

COST: \$140.00