

Adult Anger Management–Virtual

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"



This is a virtual class—zoom link will be provided prior to the start of class. To register, call 586.541.2273. For more information about CARE and classes offered, visit www.careofsem.com

DATES: Thursday, February 24 – March 31, 2022

TIME: 6:00 pm – 8:00 pm

Cost - \$140.00