

## 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](http://www.careofsem.com)

**DATES: Thursday, April 14 – May 19, 2022**

**TIME: 6:00 pm – 8:00 pm**

**Cost - \$140.00**