

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, however, registrants will need to stop by the CARE Main Office prior to the start date to pick up the class packet which includes information on how to join the virtual sessions and more. To register, call 586.541.2273. For more information about CARE and classes offered, visit www.careofsem.com

DATES: Thursday, June 2 – July 7, 2022

TIME: 6:00 pm – 8:00 pm

Cost - \$140.00