

# STRESS MANAGEMENT

## STRESS MANAGEMENT CLASSES\*

Every 1st Tuesday

Family Outreach Center  
Building 33512, South Rice Road

Learn the tools needed to resolve anger and stress in a healthy way. In these classes, you will explore and learn ways to identify your own anger and stress cues. Participants will discover healthy ways to express anger and communication skills to enhance their relationships.

To register for classes, contact ACS: **706-791-3579**  
\*Provided to units upon request.

## ANGER MANAGEMENT CLASSES

Every 3rd Tuesday

# ANGER MANAGEMENT

