

# STRESS MANAGEMENT

## STRESS & ANGER MANAGEMENT\*

Classes offered every 3rd Thursday  
1:00-4:00 p.m. • On Microsoft Teams

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. Certificate of completion provided at end of course.

To register for classes, contact ACS:

**706-791-3579**

\*Provided to units upon request.

# ANGER MANAGEMENT

