

# STRESS & ANGER MANAGEMENT

Classes offered every 3rd Thursday\*  
1-2:30 pm



Gain the tools needed to resolve anger and stress in a healthy way. In this class, you will explore and learn ways to identify your own anger and stress cures. Participants will discover healthy ways to communicate and express anger to enhance their relationships. Classes are offered both virtually and face-to-face.

Certificate of completion is provided at end of course.



To register, scan the QR Code  
-or- 706-791-3579  
janis.k.mccollum.civ@army.mil

More info:  
**706-791-3579**



\*Provided to units upon request.