

Transitions-Mental Health Association Anger Management Classes



Come join us for a 12-week course designed to help you learn to manage anger.

- Learn strategies to reduce anger once it flares
- Increase awareness of the role anger plays in your life
- Identify trigger thoughts and learn early warning signs
- Learn what happens in your brain and body when you experience anger

Call Jessica at (805) 540-6576 to register
or for more information

This course is taught by a Certified Anger Management Specialist and meets the requirements for those mandated to attend by the courts.

