



**MARINES**  
THE FEW. THE PROUD.



# CENTURY **ANGER** MANAGEMENT

## **WHAT IS IT?**

This is a set of classes that reviews 8 tools of anger management. The goal of this set of classes is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy, constructive ways in which to express frustrations.

## **CLASSES OFFERED AT:**

Building 1438 (4th and Sturgis)

**Every Friday 9 - 10 am**

## **INFO:**

760-830-6345

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## **THE BENEFITS**



### Knowing your triggers

Learn to identify what provokes you



### Assertive Communication

Learn how to be an assertive communicator and strategies to resolve interpersonal conflict



### Respond instead of React

Learn to calm yourself while in anger provoking situation

