



PALMDALE

Community Resource Center

ONLINE CLASS: ANGER MANAGEMENT

TUESDAYS

12 p.m. - 1:30 p.m.

REGISTER BY CALLING OUR CENTER AT 213-438-5580

This program will help you learn effective skills, concepts and techniques to stop escalation and to resolve conflicts.

With this National Anger Management Association accredited course, topics and practices are presented in a clear, understandable language and usable for individuals and groups.

Participants must have web camera access

WE'LL BE COVERING:

- » Identifying Your Anger and Anger Awareness
 - » Calming and Stress Reduction Techniques
- » Shame, Dysfunctional Thinking and Learning to be Less Critical
 - » Conflict Management and Assertiveness Training
 - » Mindfulness

Classes are available for court ordered requirements

FOLLOW US ON



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PALMDALE, CA 93550



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activehealthyinformed.org