



## 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:**

Marine Barracks Washington

Every Thursday, 1300-1500

8th & I Streets SE, Washington DC,  
Annex Classroom.

To register or for more information

Contact: Natalia Tyrrell

## **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



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