

Devil Dog



DE-ESCALATION



What is it?

An eight-class series that provides skills on how to identify triggers and stressors that impact our mental well-being, perceptions of situations, and ability to control our reactions and emotions. This class teaches individuals healthy and constructive communication skills and ways to manage stress and cope with feelings with frustration.

The Benefits:

“One Marine from 8th and I described the class as a way to “control your inner Hulk.”

- OVERCOME OBSTACLES THAT LEAD TO MISUNDERSTANDING AND MISCOMMUNICATION
- NEW INSIGHTS AND BETTER JUDGEMENT
- IMPROVED ASSERTIVE COMMUNICATION SKILLS
- LESS STRESS AND IMPROVED HEALTH

When and where is class held?

Every Wednesday from 1300 - 1500
Starting 6 November 2024
Marine & Family Programs
Bldg. 12, Conference Room.
1555 Southgate Rd, Arlington, VA

Curriculum Used: Century Anger Management

To register or for more information, contact: **Serena Buday**

703-693-9146 serena.m.buday.civ@usmc.mil

Marine & Family Programs
Bldg. 12 1555 Southgate Rd, Arlington, VA