

**AGES
18+**

FREE



ANGER MANAGEMENT

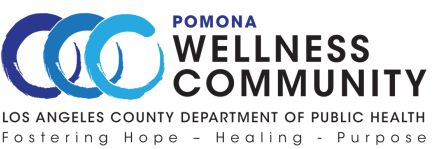
Anger is a natural emotion, but when it strains your relationships, feels out of control, or threatens violence it becomes a problem. Learn strategies to regain self-control when experiencing anger, new ways to communicate, and resolve conflict.

THURSDAYS 11AM

**HOW TO
JOIN**

WELLNESS@TRICITYMHS.ORG
888-593-4448

POMONAWC@PH.LACOUNTY.GOV | 909-802-2650 | PUBLICHEALTH.LACOUNTY.GOV/CHS/PWC.HTM



2/7/2022