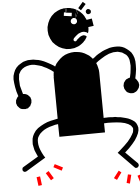




Family and Community Support Systems, LLC Training Center Class Highlights

[CLICK HERE](#) for a registration form



Anger Management Class Information

Co-ed Adult Groups – 8 week class

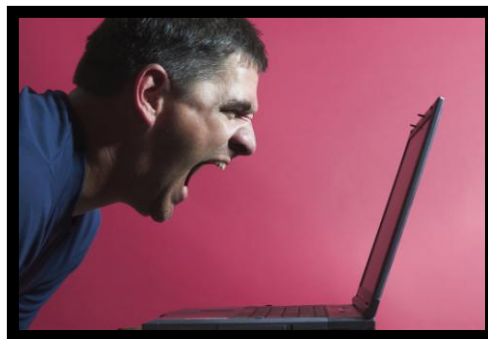
The participant will receive certificates of completion.

Registration is required one week in advance of start date.

Cost: **\$250.00**

8 week course that includes:

- The ABC's of Anger & Anger Control
- Triggers
- Housing
- Cues & Anger Reducers
- Reminders
- The Psychological Effects of Anger
- Thinking Ahead



Call **(804) 762-8716** with any questions

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