

**DUE TO COVID SOCIAL DISTANCING RESTRICTIONS,  
ALL SESSIONS ARE HELD VIA ZOOM**

**ANGER  
MANAGEMENT  
CLASS  
PRE-REGISTER  
ONLY**



**WHAT IS ANGER  
MANAGEMENT?**

Anger management will help you identify stressors, the steps to help you stay calm, and the coping skills to handle tense situations in a constructive positive way.

**YOU WILL LEARN**

- How to communicate your needs
- How to identify stressful situations
- Channel your frustration into productivity
- Effective communication strategies

**ANGER MANAGEMENT  
FOR TEENS**

<b>CLASS</b>	<b>COST</b>
Level 1 (1 Session)	\$25
Level 2 (7 Sessions*)	\$200

*\*Must have level 1*

**ANGER MANAGEMENT  
FOR ADULTS**

<b>CLASS</b>	<b>COST</b>
Level 1 (1 Session)	\$25
Level 2 (7 Sessions*)	\$200

*\*Must have level 1*

**PRE-REGISTER TODAY!**

Contact Abby Cluckey (904) 829-2273 ext. 7033

Located at EPIC Central Campus: 1400 Old Dixie Hwy. St Augustine, FL 32084

Screening & Assessment Appointment to be scheduled and completed prior to beginning of Level 2 classes