

Having Trouble Controlling Your Anger Need /Want to Work on Triggers?

. Focus

. **Honesty, Trust, Acceptance**

The Westchester Independent Living Center is offering a **3-day Anger Management Workshop** For Individuals not under DOCCS Supervision. Classes will be held September 24th, 25th & 26th

10am-12:30pm

Light Refreshments Served

You must register:

gwalters@wilc.org

914.682.3926 ext. 2104 (voice)



Anger is nothing more than an outward expression of hurt, fear, and frustration.

westchesterwilc.com

Positive
MIND · VIBES · LIFE

BPOSITIVE



RuthieCray.com
SunSparkleShine.com

For questions about accessibility please contact the organizer listed, to request an accommodation, please contact the organizer 2 weeks in advance.

Westchester Independent Living Center, 2nd floor ,10 County Center Rd., White Plains, NY