



Effectively Managing One's Anger – *Series*

Facilitated by the **Faculty and Staff Counseling & Consultation Office (FASCCO)**.

This five-part series is designed for people who would like to learn how to better understand and more effectively manage their anger. The class will focus on understanding the anger response, recognizing anger triggers, steps and skills for cool-downs, and other ways to manage anger effectively. It will also explore problem-solving skills and brainstorming appropriate responses to stressful situations. There is no charge for staff or faculty to attend.

Pre-registration is required

WHEN: The series will run for five consecutive Mondays, January 27th - February 24, 2020.

TIME: 11:45 a.m. to 1:15 p.m.

WHERE: Administrative Services Building, 1009 Greene Street, Room 2072 L East & West.

REGISTER: Contact Tina at 936-8660 to register for the group.



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