



Anger Management—Adults

An eight Week Educational Program that will help participants learn healthy ways to control emotions.

You will Learn

- To identify triggers, cues & consequences of anger
- Strategies to change habits & manage anger
- Creating an anger control plan
- How to build better relationships

Program Details

Class starts on the date below and runs for 8 weeks

Location

Davis Behavioral Health
934 South Main Street
Layton

5:30pm—7:00pm

Men's Class

Monday, August 13
Monday, October 22
Monday, January 7
Monday, March 25
Monday, June 3

6:30pm—8:00pm

Women's Class

Thursday, August 23
Thursday, October 25
Thursday, January 10
Thursday, March 21
Thursday, June 6



TO REGISTER:

Online at www.dbhprevention.org OR

Contact Angie Smith at 801-773-7060 ext. 502