

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

Focus

Honesty, Trust, Acceptance

The Westchester Independent Living Center is offering an **3-day Anger Management Workshop** For Individuals not under DOCCS Supervision. Classes will be held

June 17th, 18th & 19th

10am-12:30pm

*Light Refreshments
Served*

Please register:

gwalters@wilc.org

914.682.3926 ext. 2104 (voice)

914.259.8036 (VP)



Positive
MIND · VIBES · LIFE



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



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