

# 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 November 5th, 7th & 8th

10am-12:30pm

\*Light Refreshments  
Served\*

You must register:

[gwalters@wilc.org](mailto: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