

Information Session on:

TAMING YOUR ANGER

with Emotional Intelligence

Wednesday, May 13 - 12:00pm to 1:00pm
Room H-107 (H-Building)

If you missed the previous information session on the “Taming Your Anger with Emotional Intelligence”, please join us this time around as we discuss this important workshop and opportunity!

The Veterans Upward Bound Program in partnership with Adapt4Life, VeteransFirstOC and JustYellFire presents an information session on the 8-week “Taming Your Anger” workshop developed by Dr. Steve Wolf, PhD.

Learn about identifying early warning signs, developing awareness and applying tools for coping with anger. You will be provided with insightful behavioral change techniques to help you live an emotionally and physically healthier life.

This Anger Management Course is designed as the first step towards certification as an Anger Management Coach/Teacher by the National Anger Management Association (NAMA).

We all know someone with an Anger Problem. Sometimes that “someone” is us.

All veterans and staff are welcome to attend and find out more about the “Taming Your Anger” workshops

To sign up, please call the Veterans Upward Bound program office at (714) 564-6288 or email us at arredondo_abel@sac.edu