



Anger Management Group

Sometimes we feel like we can't control our anger and we make decisions that hurt those we love and ourselves. As much as we wish we could take back hurtful actions and words, we can't.

Together we can learn new ways of managing our anger...

Join us as we discuss and process:

What is anger?

Where does it come from?

How can I manage my anger?

REGISTER TODAY:

Lead4Life - 443-978-7864

Lead4Life accepts medical assistance and offers a sliding fee scale for those without insurance.

Adult Group (18+ years old):

Mondays at 6:00 p.m.

(starting July 17th, 2017)

Groups held at:

Rivers Edge Apartments

670 Fitzwater Street

Salisbury, MD 21804

Lead4Life, Inc.
443-978-7864
www.lead4lifeinc.org