



MARINES
THE FEW. THE PROUD.



CENTURY **ANGER** MANAGEMENT

WHAT IS IT?

A set of classes that reviews eight tools of anger management. The goal of the classes are to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy, constructive ways in which to express frustrations.

CLASSES OFFERED:

Tuesdays
from 0930 to 1100

For more information or to register,
call **808-257-7780**.

Open to all military/retirees/family members ID card holders.

THE BENEFITS



Knowing Your Triggers

Learn to identify what provokes you



Assertive Communication

Learn how to be an assertive communicator with strategies to resolve interpersonal conflict



Respond Instead of React

Learn to calm yourself while in anger provoking situation



MCPCS
HAWAII