

# ANGER MANAGEMENT & CONFLICT RESOLUTION



- LEARN ABOUT:
  - Types of anger
  - Coping Skills
  - Expressing Anger in a healthy manner
  - Resolving inter relational conflict



**WEDNESDAY**  
**APRIL 21, 2021**  
**4:30PM-6:00PM**



For additional information or to register for the workshop, please call Magnolia Park FRC at (714) 530-7413.