

Child Guidance Center in collaboration with Magnolia Park Family Resource Center is offering **FREE 6 week Anger Management Program**



Our sessions will include:

- *Ways to control anger*
- *Anger management activities*
- *Relaxation techniques*
- *Coping techniques*

LOCATION: Magnolia Park Family Resource Center
11402 Magnolia St.
Garden Grove, CA 92841

DATES: Thursday, January 23, 30, February 6,
13 and 20, 27, 2020

TIME: 5:30 p.m. – 7:00 p.m.



**Childcare will be available for children 3yrs and older.
Classes will be facilitated in Spanish.**

**To register please call:
Magnolia Park Family Resource Center at (714) 530-7413**



Programs and services at the Magnolia Park Family Resource Center are funded in part through Families and Communities Together (FaCT). FaCT receives funding from federal, state, and county agencies including U.S. Department of Health and Human Services-Promoting Safe and Stable Families, Office of Child Abuse Prevention, California Emergency Management Agency, the County of Orange as well as volunteer, in-kind support and private donations. FaCT is a program administered by the County of Orange Social Services Agency, in partnership with the FaCT Coalition of Charitable Ventures of Orange County, The Olin Group, and the Orange County Alliance for Children and Families

Child Guidance Center en colaboración con el Centro de Recursos Familiares Magnolia Park ofrecen

Como Controlar Su Ira/Enojo Clases GRATIS por 6 Semanas



Los temas incluyen:

- *Maneras de controlar la ira*
- *Actividades de manejo de la ira*
- *Técnicas de relajación*
- *Técnicas de afrontamiento*

LUGAR: Centro de Recursos Familiares de
Magnolia Park
11402 Magnolia St.
Garden Grove, CA 92841

FECHAS: jueves, 23, 30 de enero, 6, 13, 20 y 27 de
febrero del 2020

HORARIO: 5:30 p.m. - 7:00 p.m.



**Cuidado de niños será disponible para niños 3 años o mayor.
Las clases se facilitaran en español.**

Para registrarse, por favor llame al (714) 530-7413



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