

STRESS & ANGER MANAGEMENT CLASSES:

DATES:

STRESS CLASS:

ANGER CLASS:

WHERE: ACS Conference Room, 830 Chisholm Avenue, Ft. Meade Maryland

TIME: 0900-11:00

Are you stressed out? Do you have trouble dealing with your anger? Want to learn about your warning signs and how to deal with every day pressures and life? If you want to develop a stress or anger management plan, please sign up and register.

Contact ACS to register: 301-677-5590/3418

All branches of military service and DOD civilians may attend. To register please contact Army Community Service at 301-677-5590. It is mandatory to pre-register for this event due to limited seating. Dress is civilian/casual attire. Children are not permitted to attend. The FAP program has limited free slots in hourly care, and children need to be registered for hourly child care in order to qualify for child care vouchers. The central registration number is 301-677-1156. If using hourly care please give that information when registering for class @ 301-677-5590.