

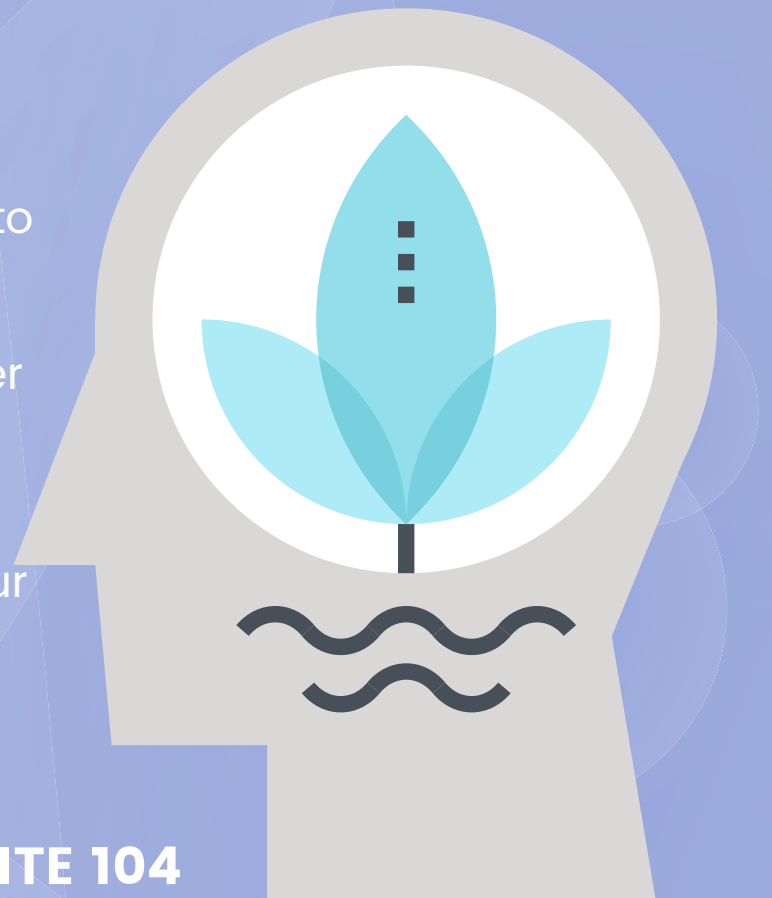
# FIND YOUR COOL

**TUESDAYS**

**4-5:30**

This 12-week group is intended to help those who struggle to manage their responses to anger using strategies proven to help create change. This group will cover events and cues that trigger anger, creating an anger control plan and using conflict resolution skills and more.

Come learn how to change your response to anger so you can live a healthier life.



## **LOCATION**

**5109 WEST BROAD ST. SUITE 104**

## **SIGN UP TODAY**



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**614-261-3196**



**INFO@NORTHCOMMUNITY.COM**

