Managing Your Emotions - Anger Reduction Support Group

Join us for a 6 week educational support group designed to gain knowledge and skills helpful for anger management.

Pre-screening is required for admission to the course and you must be a Placer County resident.

Aug. 24 - Sept. 28, 2023
Thursdays at 5:30pm

LOCATION:
110 Gateway Drive, Suite 230
Lincoln, CA

The County of Placer Mental Health Services Act (MHSA) has provided funding.
(No cost to Placer County residents)