



# Anger Management

Come to Anger Management Group for an open and honest discussion about anger.

We support each other while sharing from personal experience. The group is facilitated by two Marriage and Family Therapist trainees, who also help educate us about trigger identification skills and coping skills related to anger.

**Tuesdays**  
**10:00 AM**

**Hope House**  
**1306 Nipomo St**  
**805-541-6813**

Interested? Please contact either Joe or Michelle at 805-541-6813



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