



It's Time for "Change" **A Guide to Anger Management**

A Community Service Program for Adults offered through Vista Hill

This program is designed to help individuals recognize and manage their anger. You will develop a working understanding of your own anger/stress patterns and responses. You will become more aware of your own stress and anger signals as well as to develop the capacity to express your feelings appropriately.

When: Thursday, October 21, 2010

Time: 6:00 PM to 7:30 PM

Where: ParentCare Family Recovery Center
4990 Williams Avenue, La Mesa, CA 91942

The cost is \$30.00 per session and is Court-approved

For more information please call **619-668-4250** or **619-668-4201**
and visit our website at www.vistahill.org

Ask about our afternoon classes, available upon request.