



Stronger Families...Brighter Futures

Vista Hill proudly presents **“CHANGES”**

“Changes” is twenty-six (26) hours of Anger Management classes for adults 18 years and older.

These classes focus on helping you gain control of yourself. **“Changes”** is approved by the San Diego County Courts and Probation.

What is anger? What causes anger?

Damage to personal relationships is one of the most common costs of anger and probably the worst.

Damaged relationships are often your best relationships.

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

Classes start on Thursday, August 5, 2010

Enrollment Open

For more information,

Please call 619-668-4250 or 619-668-4201

Visit our website at www.vistahill.org