

OVERCOMING ANGER: DISCOVERING EMPOWERMENT



JOIN US WEDNESDAY APRIL 7TH AT 11:30 AM
[HTTPS://ZOOM.US/J/97358244924](https://zoom.us/j/97358244924)

CALL IN INFORMATION
1 929 205 6099
MEETING ID: 973 5824 4924



**TOGETHER WE WILL EXPLORE OPPORTUNITIES
TO BETTER UNDERSTAND OUR REACTIONS AND
SKILLS TO ALLOW OUR ACTIONS TO BE
CONSTRUCTIVE AND EMPOWERING FOR
OURSELVES AND OTHERS.**

