



2024 Women's History Month  
**Anger Management for Women**

March 28 | 4-5 p.m. |

Zoom Join Zoom Meeting:



Meeting ID: 885 5750 4797

Passcode: 998213

Presenter: Halleh Nia

An empowering experience to manage our Anger. This workshop teaches us how to express our feelings mindfully, become familiar with our patterns of behavior and to develop anger management skills.

