

Lethbridge Family Services



Since 1910

Counselling, Outreach & Education



ANGER AWARENESS

A Personal Growth Group

This group will support individuals in learning about the relationship between anger, thoughts, and behavior. Participants will have a chance to learn skills to identify and cope with their anger.

Wednesdays, 6:00-7:30 pm

June 5th-26th, 2024

 LFS Counselling Office: 1098 3rd Ave North, Lethbridge

No cost to participate

Register by May 20th, 2024

Contact Outreach and Education to register, outreach@lfsfamily.ca or 403-327-5724