

SAVE THE DATE ANGER MANAGEMENT COURSE

Building Effective Anger Management Strategies (BEAMS)

Tired of feeling angry? This two-part anger management series, also known as BEAMS, may be for you. This program is open to anyone who may want to examine their communication skills and patterns of behavior to bring about change.

In order to receive a certificate of completion, participants must attend both sessions.

Date: July 12th and 19th

Time: 900-1200

Location: Building 11

Registration: To register call the FFSC at 301-319-4087 or usn.bethesda.nsabethesdamd.list.NNMC FFSC@mail.mil subject line BEAMS



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