



\$120

BUILDING EFFECTIVE SKILLS TO COPE WITH ANGER

Discover useful strategies to handle intense emotions, approach difficulties with constructive coping skills, and better understand and manage your behaviours and anger in a healthier way.

Spring 2026 Course Dates

- January 5 - January 26 2026
- February 23 - March 16 2026
- April 13 - May 4 2026
- May 25 - June 15 2026

Monday Evenings | 6:30PM - 8:30PM CST | Zoom

- FSEAP coverage may apply.
- Subsidized spots may be available for those with financial need.
- A letter of attendance will be provided upon full completion of the course.

 familyserviceregina.com  306-757-6675

*Scan the QR code to complete
an intake form, or contact us
for more information.*



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