



Decreasing the Impact of Anger & Stress in Relationships

Everyone experiences anger and stress throughout their lives. Anger and stress are natural responses to fear and pain.

Learn strategies for decreasing the impact of anger and stress on the body and mind and identify different ways to work as a team to protect your relationship from the negative effects of anger and stress.

Register now!



787-707-3709 or email by
ruth.e.gonzalez.civ@mail.mil.
Registration is required to participate.