

Stress & Anger Management Classes

2014 Dates:

**Are you stressed out? Do you have trouble dealing with your anger?
Please sign up and register today!**

Stress:

- Jan. 22nd
- Feb. 26th
- Mar. 10th
- Apr. 16th
- May 21st
- June 17th

Anger:

- Jan. 8th
- Feb. 10th
- Mar. 12th
- Apr. 9th
- May 14th
- June 3rd

Where:

Fleet & Family Support Center
2212 Chisholm Ave., Ft. Meade, MD

Time: 0900-1100

Contact FFSC to register:

301-677-9017/18

**Classes are open to all DOD
ID card holders (active
duty, retirees, family
members, DOD civilians &
contractors)**