



DEFUSING ANGER WORKSHOP

EVENT INFORMATION

Date:
Saturday, October 26, 2019

Time:
9:00 AM - 10:00 AM

Registration Required:
Contact Mallary Lass at
mlass@eseal.org or 240.847.7500

*Learn more about upcoming events
at <http://bit.ly/CohenClinicEvents>

Whether you or a family member have recently entered the military or you are a long-time veteran, navigating the many transitions connected with military and veteran service can be hard. This workshop addresses the anger that can occur when service members, veterans and military families undergo stress. It normalizes anger as a natural human response and offers options for how to respond when faced with emotionally intense situations and events. This free, confidential Red Cross program offers effective ways to work through challenges and build skills through small-group discussion and hands-on activities.

Facilitator: American Red Cross Service to the Armed Forces

LOCATION



The Steven A. Cohen
Military Family Clinic
at Easterseals

1420 Spring Street,
2nd Floor Conference Room
Silver Spring, MD 20910

Parking: Turn on Second Ave and the parking garage
is directly under the Easterseals building.



**American
Red Cross**