

TAKING CONTROL

STRATEGIES FOR MANAGING ANGER
& RESOLVING CONFLICT

=:Breath:=

LIMITED

WHEN: WEDNESDAY | MARCH 15, 2023
& THURSDAY | MARCH 16, 2023

TIME: 9:00 AM - 12:00 PM (NOON)

WHERE: HALE 'OPIO KAUA'I OFFICE

LEARN TO RECOGNIZE FRUSTRATIONS EARLY AND RESOLVE THEM IN A WAY THAT ALLOWS YOU TO EXPRESS YOUR NEEDS AND KEEPS YOU CALM AND IN CONTROL.

SNACKS & DRINKS WILL BE PROVIDED



RSVP TO:
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