

The Family Center

22671 Hwy 59 South
Robertsdale, AL 36567
251-947-4700



FREE CLASSES



THURSDAY EVENINGS: 6:00 – 8:00 PM

Week #1	10/05/2017	Goals for Class ♦ Defining, Responding to and Learning from Anger
Week #2	10/12/2017	Defining Abuse, Causes & Consequences ♦ Communication
Week #3	10/19/2017	Stress, Anger Management & Acceptance ♦ Learning Relaxation
Week #4	10/26/2017	Emotional Intelligence & Techniques ♦ Time-Out Agreement



Call (251) 947- 4700 to register for class.



Each class lasts two hours.



Free childcare is available during the classes **with reservations.**



Certificate of completion is awarded after completing all classes.