



# ANGER MANAGEMENT EDUCATION GROUP

*Transitions-Mental Health Association is offering a  
free ongoing Anger Management Education Group  
**Starting September 6, 2021!***

*Anyone 18 or older is eligible to attend.  
**Join at any time!***



**Mondays  
10:00-  
11:00am**

**ONLINE VIA ZOOM**

**For details, email Victoria Meredith—[vmeredith@t-mha.org](mailto:vmeredith@t-mha.org)  
Zoom Meeting ID: 826 0857 6785**