

UCCC offers free anger management class to the community

“Managing My Anger,” is a free 13-week class designed to help individuals better understand and manage anger in their lives. The class utilizes a program developed by *NewLife* Behavior Ministries, whose goal is to reconcile individuals and their families to God, each other and society.

Who should attend “Managing My Anger?”

Consider these questions:

- Are you struggling with anger?
- Has anger affected your family, job or well-being?
- Are you feeling anger and don't know what to do with it?
- How do I handle anger without hurting myself or others?
- Are you having trouble “keeping your cool?”

A yes answer to any of these questions is a clue that you should check out “Managing My Anger.”

The classes, each two hours in length, will be held at the Library Partnership Branch, 912 NE. 16th Avenue, Gainesville, each Friday from 1:00 p.m. to 3:00 p.m. beginning April 5th.

Certification of participation will be provided upon successful completion of the class.

The class is being facilitated by the University City Church of Christ. For more information call 352-301-2604. Seating is limited and advance registration is encouraged.