



**RAWLES PSYCHOLOGICAL SERVICES**



# Anger Management Class

A 6-week program every Friday starting April 7th, 2023  
10:00 a.m.-11:30 a.m.

**Facilitator: Lamyia Nur and co-facilitator: Sherise Robinson**

Learn how to manage and cope with anger in a working environment and everyday life.

**We accept All Insurance**

Call 757-271-2980 or email: [lamyia@rawlesassoc.com](mailto:lamyia@rawlesassoc.com) to sign-up.