WINTER/SPRING 2020
ANGER & EMOTIONAL WELLNESS

No need to RSVP. Simply show up a few minutes ahead of class to get registered.

JOIN US FOR OUR NOON AND/OR EVENING CLASSES ON MONDAYS

JANUARY 13
JANUARY 27
FEBRUARY 3
FEBRUARY 10
FEBRUARY 24
MARCH 2
MARCH 9
MARCH 23
MARCH 30
APRIL 6
APRIL 20
APRIL 27
MAY 4
MAY 11

FAMILY GUIDANCE & OUTREACH CENTER of LUBBOCK
www.lubbockfamily.org

NOON CLASSES ARE 12:00PM TO 1:00PM
(FULLFILLS 1 HOUR OF ANGER MANAGEMENT)

EVENING CLASSES ARE 6:30PM TO 8:30PM
(FULLFILLS 2 HOURS OF ANGER MANAGEMENT)