

Chill Skills

**4 Free Anger Management
Classes Including:**



***Free \$25 Giftcard**



****Free gas cards**

*upon completion
**while supplies last
***total not to exceed \$75 per person

Free childcare with reservations

***Thursday Nights 6:00-8:00 p.m.**

- #1 Defining, Responding To & Learning from Anger
- #2 Defining Abuse & Learning to Cope & Communicate
- #3 Stress, Anger Management, Acceptance, & Relaxation
- #4 Emotional Intelligence

*One series a month, call for current start dates!



Free classes held at **601 Bel Air Blvd, Suite 100, Mobile, AL**

Part of a Responsible Fatherhood Program grant operated at The Exchange Club Family Center Funded by the Office of Family Assistance, US Department of Health & Human Services Grant #90FK0042-01-00. These services are available to all eligible persons regardless of race, gender, age, disability or religion.