



Anger Solutions Group

This ten week course will teach you how to recognize anger, learn where it stems from and how to effectively work through it.

Where: Mental Health Services at 3 Applewood Drive, Belleville

When: Every Wednesday beginning October 28, 2009

Time: 1:30 PM to 3:00 PM

For information or to register please contact Jean Paul Bard or Matthew McDonald at 613-967-4734.

