

***Losing your *temper* often?
Saying or doing things
you later *regret*?***

*Psychological & Counseling Services
Presents
the*

NURTURE YOUR MIND, BODY & SOUL
Workshop Series

Anger Management

**Wednesday, March 8th 2:30-3:30 pm
Blumenthal Hall, Room 101**

**Join us and learn how to prevent *anger*
from making your life more difficult**

**FOR MORE INFORMATION CALL: (973) 353-5805
www.counseling.newark.rutgers.edu**

Coming Next! **Goal Setting –
Wednesday, March 22nd, 2006 2:30-3:30p.m**