



Stress and Anger Management

Who: This class is facilitated by CCO John Ringener, and is open to all individuals with active DOC numbers and to their family members.

What: The objective of this class is to help our clients deal in a productive manner with all types of stress and to learn to change their patterns of anger.

When: This class is held Monday, Tuesday, Thursday & Friday from 10:30 a.m-12 p.m

Where: The class is held in Room 244 at the Tacoma Community Justice Center

Why: This class is beneficial to participants as it can help them to develop their interpersonal skills. The class also helps individuals to identify their anger and stress patterns, and to explore assertiveness vs. aggression. This is a positive, safe learning environment and can help individuals to make positive changes in their lives.