

JBLM Anger Control Training (ACT)

Women's Group

November 1, 3, 8, 10, 15, 17, 22, 29
January 3, 5, 10, 12, 17, 19, 24, 26
March 7, 9, 14, 16, 21, 23, 28, 30
May 2, 4, 9, 11, 16, 18, 23, 25
July 6, 11, 13, 18, 20, 25, 27, Aug. 1
September 5, 7, 12, 14, 19, 21, 26, 28

Men's Group

October 5, 12, 17, 19, 24, 26, 31, Nov. 2
November 7, 9, 16, 21, 28, 30, Dec. 5, 7
January 4, 9, 11, 18, 23, 25, 30, Feb. 1
February 6, 8, 13, 15, 22, 27, Mar. 1, 6
March 8, 13, 15, 20, 22, 27, 29, Apr. 3
April 5, 10, 12, 17, 19, 24, 26, May 1

May 3, 8, 10, 15, 17, 22, 24, 31
June 5, 7, 12, 14, 19, 21, 26, 28
July No training this month
August 7, 9, 14, 16, 21, 23, 28, 30
September 6, 11, 13, 18, 20, 25, 27, Oct. 2

9-11 a.m. | 2013 N. 3rd St. (Room 102) | Lewis Main



For more information or to enroll:
jblmafcs.checkappointments.com or 253-967-5901

ACT consists of eight, two-hour sessions.

