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EMPOWERMENT



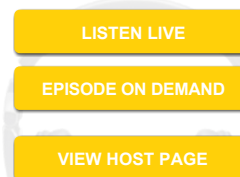
Let's Talk About It with Janie Lacy
Wednesday at 5 PM Pacific
September 22nd 2021: Making Anger Work For You

You can choose anger. You have the power to express anger in healthy or unhealthy ways. Anger can help you grow or make you miserable. When you choose a healthy response to anger – you will discover how to put your anger to work for good!”



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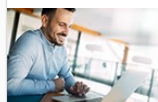
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