

# Stress, Anger Management and Emotions

To sign up for this 6-week parenting class please call the ICES office at 209-533-0377 OR visit our website [www.icesagency.org](http://www.icesagency.org) and sign up on our Events page

Learn practical tools for managing your emotions...and helping your children too!

Tuesday evenings on Zoom from 5:30pm-6:30pm April 2- May 7

