

*working to promote
emotional well being*

**Almaden Valley Counseling
Service**

6529 Crown Blvd., Suite D
San Jose, CA 95120

Phone: 408-997-0200

Fax: 408-997-0711

E-mail: staff@avcounseling.org

Anger & Stress Management Workshop

LOCATION: Almaden Valley Counseling Service

PRESENTER: Bette DiGirolamo, MA, LMFT
Health and Counseling Psychology
Psycho Educational Consultant

COURT: Available hours for Court Requirements
(4–20), for more information call.

FEE: \$85.00

Payment required in advance

To register, please call Bette, (see below), and then send
payment to:

4990 Speak Lane, Suite 100
San Jose, CA 95118

Bette DiGirolamo, LMFT
408-266-7826 x 101

Or, phone Almaden Valley Counseling Service
408-997-0200

Do you experience anger
from any of the following?

- Workplace Problems
- Relationship Issues
- Impatience
- Agitation
- Irritability
- Depression
- Health Problems
- Stress

Take this workshop to
learn and understand the
complexity of stress.