

# **Feeling Angry or Experiencing Stress?**



**The Columbus CBOC Mental Health Clinic  
is offering:**

**Anger and Stress Management Groups  
1st and 3rd Wednesday of each month  
2:30 p.m. to 4:00 p.m.**

**2nd and 4th Friday of each month  
9:00 a.m. to 10:30 a.m.**

**For more information please contact Christine Szymanski, LCSW,  
Mental Health Social Worker at 706-257-7219**