

Goodwill Industries



VETERAN CAREER RESOURCES

**Join Goodwill & Sauk Valley
Community College for this
FREE Veteran workshop!**

Veterans will have the opportunity to learn strategies on how to cope with stress and various tips and techniques to help deal with anger management.



Resource topics covered

- Stress and Its Management
- Causes of Stress and Your Reaction
- Stress and Anger Management Strategies
- Develop a Stress and Anger Management Plan
- Track Changes in Stress and Anger in Your Life

**Thursday, October 17, 2024
3:00pm to 5:00pm**

RSVP is required
Call 815-290-0987 or email
VeteransProgram@goodwillni.org

**Sauk Valley Community College
173 IL-2, Dixon, IL / 2nd Floor / Room 2D05**