



C.A.F.N.A.B.

**Rehabilitation/Education/Wellness Centre
for Youth**

Is offering a 9 week

“Anger Release”

program

for individuals of all ages, who are
experiencing difficulties in dealing with
feelings of

Rage, Anger, Coping, Stress

Frustration, etc.....

Youth Programs will be held Tuesday nights

Adult Programs Thursday nights

Cost \$100.00

For More information on available dates contact Glenda @ (705) 526-4600