



Anger Management- EDHA

Do you often feel like anger is taking over your life? Uncontrolled anger can strain relationships, impact work performance, and affect your overall well-being. EDHA's Anger Management Program is designed to help you master your emotions and channel your energy positively. For More info Visit- <https://www.slideshare.net/slideshow/anger-management-techniques-edha/275677295>

