



# Anger Management Program for Adults

Family Enrichment Clinic is pleased to announce an Anger Management Group for adults!

Participants will receive counseling/education about anger and appropriate ways for handling anger, while making use of the benefits of the group process. Worksheets with anger management strategies and exercises will be provided.

### What is Anger?

Anger is a normal and, at times, healthy emotion that we all experience. Though anger can be viewed as a typical response to certain situations, people may not be able to manage their angry thoughts and emotions effectively. As a result, these normal feelings can lead to "angry behaviors."

### Anger Management Group:

Saturday - 10:00 am to Noon

Starting March 13<sup>th</sup> 2010

Cost: \$30 per session; Insurance or Medicaid Accepted

**\*\*8 weeks with 8 total sessions;**  
Certificate of Completion provided if no more than 1 session missed (cost still required for missed sessions)

**Special Offer:** \$20 discount if total amount is paid on the first class day

### Some Examples of "Angry Behaviors" include:

- Violence
- Bullying
- Intimidating others
- Threatening
- Fighting
- Stealing
- Lying
- Destroying property
- Drug or alcohol use
- Oppositional and defiant behavior
- Work problems (e.g., missed work days)
- Family problems (e.g., conflicts)
- Poor relationships
- High stress levels
- Lashing out behavior

### Program Objectives:

- Understanding Anger
- Exploring Behaviors
- Feelings Identification
- Anger Sequence
- Emotion Regulation
- Behavior Chain Analysis
- Coping Skills
- Communication Skills
- Problem Solving
- Family and Relationships

Please contact Family Enrichment Clinic for more information or to register:

**Staff Therapist: Sao S. Lorn, MA, LPC-I, LMFT-A**  
7100 Regency Square Blvd., Suite 136 • Houston, Texas 77036  
Phone: (713) 780-2833 Email: [SaoL@FamilyEnrichmentClinic.com](mailto:SaoL@FamilyEnrichmentClinic.com)  
[www.FamilyEnrichmentClinic.com](http://www.FamilyEnrichmentClinic.com)