



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:

Saturdays - 10:00 am to 11:30 am
Starting September 10th 2011
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 (required):

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