



# 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:

Thursdays - 6:00 pm to 7:30 pm

Starting December 8<sup>th</sup> 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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