



# Anger Management Program for Teens

Family Enrichment Clinic is pleased to announce an Anger Management Group for Teens (middle & high school ages 13 to 17 years old)!!

Participants will receive counseling/education about anger and appropriate ways for handling anger, while making use of the benefits of peer 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 - 12:45 pm to 2:15 pm

Starting September 25<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:

- School violence
- Bullying
- Intimidating others
- Threatening
- Fighting
- Stealing
- Lying
- Destroying property
- Drug or alcohol use
- Oppositional and defiant behavior
- School problems (e.g., truancy)
- Family problems (e.g., conflicts)
- Poor peer relationships
- Participation in illegal activities

### Program Objectives:

- Understanding anger
- Exploring behaviors
- Feelings identification
- Anger Sequence
- Emotion regulation
- Behavior Chain Analysis
- Coping skills
- Communication skills
- Problem solving
- Family and peer relationships

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

**Staff Therapist: Sao S. Lorn, MA, LPC-I, LMFT-A**

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