



HARRIS COUNSELING GROUP, LLC

# ANGER MANAGEMENT

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FOR ADULTS AND ADOLESCENTS



**PURPOSE:** To provide educational information with therapeutic interventions to teach more appropriate ways to recognize and cope with anger to avoid any anger behavior from escalating and leading to violence or other complications in life.

**GROUP TYPES:**

- ◆ ADULTS - 12 weeks
- ◆ ADOLESCENTS - 12 weeks
- ◆ Group size will be 8-15 participants
- ◆ *Certificates of Completion for all participants at the end of their 12 week cycle.*
- ◆ *Groups conducted by Certified Anger Management Facilitators*



**ENROLLMENT PROCEDURE:**

- ◆ Contact Harris Counseling Group, LLC to make a referral and for cost information.
- ◆ *Participants can be enrolled at anytime of each group cycle.*

**LOCATION:**

- ◆ Groups are conducted in the evenings unless there is significant demand for daytime groups.

