

# ANGER MANAGEMENT

Through a combination of Cognitive Behavioral Therapy and Psychoeducation, participants will learn:

- What triggers their anger
- To understand the difference between healthy anger and unhealthy anger
- How to better communicate to get their needs met
- Situational management techniques
- How to manage anxiety and stress
- Anger reduction and regulation techniques
- Impulse control
- To manage anger effectively
- To stop violence or the threat of violence
- To develop self-control over thoughts and actions

When and Where: Every Saturday, 5:00-6:30 pm, February 24-May 18,  
2024 1845 S. Dobson Rd. Ste 101, Mesa, AZ 85202

To register or for more information please contact:

Maria Wildey, LMSW 480-955-1125 via text/voicemail or by email at  
[maria@eastvalleyptsdcounseling.com](mailto:maria@eastvalleyptsdcounseling.com)

## **Investment:**

90-minute 1x per week for 12 weeks  
Sessions covered by AETNA Private  
pay: \$60 per session plus a one time  
\$20 materials fee.

## ***Please Note:***

This is a closed 12-week group. Participants who are interested should plan to attend all 12 sessions.