

# ANGER MANAGEMENT GROUP



## Why Anger Management Group?

Anger is taboo yet serves a significant role in the lives of everyone in this country. We are taught its power in childhood and as we grow we learn how to manipulate it to meet our needs. Join us and set goals for yourself as you practice a new outlook and new techniques. This group explores the root of anger, its role in society and our lives, triggers, thinking areas, and a detailed understanding of how this all applies to you personally.

When: TBD  
Where: 2075 Centre Street  
West Roxbury, MA 02132  
Time: TBD

10 week program. Insurance accepted. Must attend prescreening to join group. If not using insurance it is \$25-35 per session.

Call to schedule your screening  
appointment today!