

Master Emotional Control Under Pressure



Emotional Regulation & Anger Management Group

When anger impacts relationships, work performance, or personal well-being, change is possible.

Join a structured virtual group designed to help participants better understand their emotions, develop practical coping strategies, and improve communication skills.

This Group Helps Participants:

- Understand anger triggers
- Increase emotional awareness
- Improve conflict resolution skills
- Reduce impulsive reactions
- Strengthen personal and professional relationships
- Build healthier coping mechanisms

Program Details:



Tuesdays



5:30 PM – 7:00PM



Virtual (Telehealth)



Adults 18+



Certificate of Completion
Available

"Your circumstances do not define your future. Your response to them does."

Reserve Your Spot Today

Led by a Certified Anger Management Specialist with extensive experience helping individuals improve emotional regulation, communication, and relationships.

Mobin Chadha, LCSW, CAMS-II

Licensed Clinical Social Worker

Certified Anger Management Specialist II

Serving Florida, New Jersey, & Pennsylvania

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