

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: Saturday, 5:00-6:30 pm, September 7th-November 30th, 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

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.