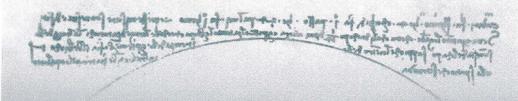
## ANGER MANAGEMENT CLASSES

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## Topics

Introduction to Anger ManagementAnger as an EmotionAnger as a Physiological ResponseRelaxation and Stress ManagementAnger and the Family: How Past Learned Behavior can Influence your PresentAnger as a Thought ProcessEvents and Cues: A Conceptual Framework for Understanding Anger Assertiveness Training: Communication Skills as an Alternative to Expressing Anger

## Format

Weekly Group for 8-52 Weeks

Telehealth / Virtual Sessions Hours by Appointment Only

Initial Consultation Fee: \$140 Weekly Session Fee: \$90

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