

Anger Management:

A Comprehensive Approach to Manage Anger and Resolve Conflict Productively

Are you having difficulty controlling your temper?

Do you have rages and often feel out of control?

Is your anger affecting your relationships with others?

Ways we can help:

Anger affects all of us; however some of the time it gets the best of us. With Anger Management, you will learn skills to express your anger in productive ways and successfully resolve conflicts.

2 Different Programs to Choose From:

- 8 Week Individual Program: Provides an opportunity to focus on the specific triggers to your anger and learn new ways to cope with anger and relate to others
- Group Program: Provides opportunity to discuss anger management skills, receive information, and gain social support from

How Anger Management works:

- It explores the payoffs and consequences of anger.
- It discusses the effects of anger on your physical health.
- It identifies anger cues and irrational thoughts.
- It focuses on the aggression cycle and ways to deal with anger safely.
- It teaches conflict resolution and anger management strategies.
- It investigates family patterns and relationships that may contribute to difficulty with anger.



Fee:

Individual Sessions—\$50/Session
Group Meetings—\$25/Meeting

Interest/Registration:

**Family Matters Center for
Relational Therapy**
724-672-3635

