

# ANGER MANAGEMENT SERVICES



## PARTICIPANTS WILL LEARN TO:

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- Understand, recognize and appropriately respond to normal anger feelings
- Improve judgment and impulse control
- Practice effective stress reduction strategies including relaxation techniques
- Problem solve through increased communication skills
- Experience less conflict with others
- Develop a personal Anger Management Plan

**P: 330-376-9494 • F: 330-376-4525**  
**Toll Free: 1-800-277-9494 • VP: 234-525-6176**  
**[www.greenleafctr.org](http://www.greenleafctr.org)**

Anger is a completely healthy, normal human feeling. Anger becomes a problem when it is expressed inappropriately.

The goal of Anger Management is to help individuals experience and express anger in healthy, non-destructive ways. Anger Management can help reduce the emotional intensity and physiological arousal that it causes. You cannot control other people or situations, but you can learn to control your response.

Groups for adult men and women meet once per week for 15 weeks. All groups are one hour in length. An assessment and treatment planning session is required prior to the start of group. Clients who successfully complete the program will receive a Certificate of Completion.



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**Mondays - Thursdays: 8:30am - 8:00pm**

**Fridays: 8:30am - 12:00pm**

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