

ANGER MANAGEMENT SKILLS GROUP

Anger is a normal and natural emotion. This emotion can become problematic when we react to it in ways that negatively affect our family, relationships, work, hobbies, and friendships. The Anger Management Skills Group uses a combination of evidence-based treatment methods to offer creative techniques in assisting adults with managing anger more effectively.

By attending this group, you will:

Gain awareness of triggers

Leave with improved communication and relationship skills

Gain knowledge and understanding about anger responses

Gain insight and awareness into negative effects of anger on yourself and others

When:

Thursdays from 12 pm to 1:15 pm on October 1, 8, 15, 22, 29, and November 5
or Tuesdays from 6 pm to 7:15 pm on September 29, October 6, 13, 20, 27, and November 3

Where:

1811 Boyson Rd, Suite A. Hiawatha, IA

Cost:

\$120

Register:

Contact Carrie Wilbert, tLMHC (supervised by Megan Rose, LMHC) at mwrcounseling@gmail.com, or call 319-250-1267 to register for this group. Clients must register before attending.



MURRAY, WILSON & ROSE
COUNSELING AND BEHAVIORAL SERVICES