



Anger Management Skills Group

Presented by: Megan Rose, LMHC

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 at MWR will use a combination of evidence-based treatment methods to offer creative techniques to assist adults with managing anger more effectively.

Participants in this group will:

- Gain awareness of triggers
- Leave with improved relaxation and communication skills
- Gain knowledge of anger and understanding about anger responses
- Gain insight and awareness into negative effects of anger on yourself and others

When: February 4, 11, 18, 25 & March 4, 11 from 5:30-6:30pm.

***Live Webinar.**

Cost: \$120 due in full upon registering by calling 319.250.1267 or emailing hannahlane@mwr counseling.com.