

12 STEPS OF ANGER MANAGEMENT ADULT COED WORKSHOP

Facilitated by Matthew Manela, LICSW

Has Anger Caused Trouble in Your Relationships?
Do You Find Yourself Getting Angry Easily?

*The group follows a 12 week
structure with a new topic
each week in the cycle*

Join this group to:

- Learn about yourself
- Explore and invest in change
- Identify automatic anger responses and thinking errors
- Develop positive thinking
- Build concrete skills to communicate and improve relationships



**CURRENT VIRTUAL SESSION:
MONDAYS 7:45-9PM**

**SCAN CODE
TO REGISTER**


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