

12 STEPS OF ANGER MANAGEMENT COED ADULT 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



**GROUP MEETS
VIRTUALLY ON
MONDAYS**

🕒 7:45 PM TO 9 PM

Insurance accepted or \$60 per group

**SCAN CODE
TO REGISTER**

**TRANSITIONS**
COUNSELING SERVICES, INC

