

Perspectives of Troy Counseling Centers

Self-Control Group for Teens



Facilitated by Joe Lilly, LMSW

Director of Anger and Behavioral
Management

Perspectives Of Troy Counseling Centers

Troy Location

888 W. Big Beaver Rd. Ste 1450

Troy, MI 48084

Space is limited

Who: Teens 13-17 who struggle with anger, impulsivity, and hyperactivity.

What: An 8 week group focusing on self-control and anger management

Where: Perspectives of Troy Counseling Centers, Troy Location

When: Thursdays:
6:30 p.m. – 8:00 p.m.

Spring/Summer 2018

Cost: \$320 plus \$40 intake for non-Perspectives clients

Participants will learn

- ⇒ **Triggers associated with a loss of control**
- ⇒ **Myths and facts associated with self-control and anger management challenges**
- ⇒ **Coping skills and anger management strategies**
- ⇒ **Pizza and beverages provided on the last day**

Contact Perspectives of Troy to register: 248-244-8644

perspectivesoftroy.com