

Anger Management Group

Designed for men who are:

- ◆ 18 years old or older
- ◆ Challenged by internalizing anger (i.e. anger turned inward and directed at ones self)
- ◆ Challenged by external anger and angry outbursts
- ◆ Experiencing family conflict due to anger
- ◆ In trouble at work due to anger
- ◆ In trouble at home due to anger
- ◆ In trouble with the law due to anger



Participants will learn

- ◆ Myths and facts associated with anger
- ◆ Common triggers that contribute to anger
- ◆ A variety of coping skills and anger management strategies

What: An 8 week group focusing on anger management

When: Thursdays:
6:00pm.–7:30 pm.
Starting September 27, 2018

Cost: \$320 (plus \$40 Intake for non-Perspectives clients)

Perspectives Counseling Centers

Troy Location

888 W. Big Beaver Rd. Ste 1450

Troy, MI 48084

Please call to reserve your seat: 248-244-8644

Space is limited

perspectivesoftroy.com