

Perspectives Counseling Centers

Self-Control Group for Teens



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 Counseling Centers, Troy Location

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

Call for current schedule!

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

Perspectives Counseling Centers

Troy Location

888 W. Big Beaver Rd. Ste 1450

Troy, MI 48084

Space is limited

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 to register: 248-244-8644

perspectivesoftroy.com