

# ANGER MANAGEMENT GROUP

## (ADULT WOMEN & MEN)

Anger Management Group, one for adult men and one for adult women, are for individuals who wish to start examining their individual issues with anger.

This group uses anger management psycho-education and sessions focus on:

- Increasing assertiveness and communication skills
- Developing coping strategies and problem solving skills to deal more effectively with anger and stressors
- Conflict resolution
- Providing support in forming and maintaining healthy relationships with others
- Identifying and understanding emotion

Join at any time. This group is **20 sessions** long and each session is **two hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance you may qualify for support through the county sliding fee program.

\*We are currently offering this group for individuals with an SPMI Diagnosis.

**Facilitator(s): Julie Smith, MA, LPCC**  
**Jeff Hoffman, MA**

**For more information, call our intake line at 763-780-3036.**

20 WEEK  
COMMITMENT

STARTS SOON!

CALL NOW TO  
SIGN UP  
763-780-3036

LOCATION:  
BRIDGEVIEW  
7920 UNIVERSITY AVE NE,  
FRIDLEY, MN 55432

SLIDING FEE  
AVAILABLE



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FOR MENTAL HEALTH & WELL-BEING

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BV, SPMI