

Anger Management

Adult Program

Probation/Court Approved

Thursdays, 4:00-5:00 pm

Insurance or \$20 per class
(Ask about assistance)

Alpine Family Medicine

1620 Alpine Blvd. Alpine
Ste. 118

(619) 445-6200 x 151



This is a 15-week (1 hour/wk.) anger management program that focuses on the consequences of anger and teaches new alternative ways to express anger effectively. Participants will reevaluate old thinking patterns that lead to past destructive behaviors and are provided with the tools that are useful in increasing empathy. They will also learn how to apply their new learned skills to their lives.

Subjects include:

- *Assessment of strengths, risk factors and needs*
- *Relaxation skills*
- *Positive ways to express angry feelings*
- *Solving conflict in a respectful way*
- *How to listen to the feelings of others.*

Call MHCS at (619) 445-6200 x 151 for more information.

Program of Mountain Health & Community Services, Inc.