

Learning to Manage

An Anger Management Group

**Thursdays from 11:30am-1:00pm
January 13th - March 31st**

Clients will:

- Learn effective coping skills to better manage anger & aggression.
- Identify triggers & warning signs for anger.
- Enhance ability to self-regulate and control behaviors.
- Learn skills for problem solving, conflict resolution, & better communication.

For questions or interest in joining please contact Samantha Buhai-Jacobus M.A., QMHP at 708.383.7500 ext. 314 or sbuhaijacobus@thrivecc.org,

Please note that this program may not be appropriate for everyone who wishes to participate. Pre-screening interview is required. Please call to get details about utilizing insurance benefits. This program may be free based on your insurance coverage.