

Learning to Manage

an Anger Management Group

Thursdays from 11:30 am -1:00 pm
remotely via zoom, for Adults 18+

- 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

Pre-screening is required. For questions or interest, please contact **Samantha Buhai-Jacobus, LPC at 708-383-7500 x314 or sbuhaijacobus@thrivecc.org**

Please note that this program may not be appropriate for everyone who wishes to participate.

Please call to get details about utilizing insurance benefits. This program may be free based on your insurance coverage.