

ANGER CONTROL SERIES

FAST FACTS

This is A **SIX SESSION - GROUP INTERACTIVE Class** online with the **ZOOM** virtual platform.

Target Audience:

- Adults, 16 and above
- Anyone who has expressed anger impulsively or inappropriately resulting in ongoing occurrence or repeated instances in home, work, school, relationships.
- Anyone charged with simple assault, terrorist threats, road rage or domestic issues.

Objective:

- To engage participants in a therapeutic program where they can begin to explore their history of anger and abuse, triggers of anger, coping mechanisms and work toward self-responsibility and internal behavior change.
- The six-week program will allow therapeutic rapport and group trust to facilitate the process of anger recovery.

Where:

- The 1st session is a three-hour interactive online class on ZOOM virtual platform.
- Participants will receive a link when they register that will take them directly to the meeting (or they use the included Meeting ID and enter it at www.zoom.us/join)
- Participants are required to have a camera and microphone on their phone/tablet/device.
- After that 1st class, the participants are put into a small group for 5 additional in person sessions that occur in our Carlisle Office.

When:

- The first group class meets the FOURTH SATURDAY OF EACH MONTH from 9:00am-12:00pm
- Participants must register at ABChelps.com
- Referring agent (P.O. or Judge) will be notified after the class, if noted on registration.
- The remaining 5 small group individual sessions will be Tuesdays from 4-5pm.

Cost:

- Cost of the class is \$300 for entire program. Participants pay the 1st \$50 online when registering for the online class, then bring \$50 cash to each of the following in person classes
- Payment must be received before class link will open.

For more information go to ABChelps.com