

ANGER MANAGEMENT CLASS

FAST FACTS

This is a ONE TIME – THREE HOUR – INTERACTIVE Class online with the ZOOM virtual platform.

Target Audience:

- Adults, Children - All Ages
- Anyone who has expressed anger impulsively or inappropriately.
- Anyone charged with simple assault, terrorist threats, road rage.

Not appropriate for ongoing, significant assaultive behavior, for those situations, please see our Anger Control Series.

Objective:

- To give the participant practical and applicable skills to manage anger and communication challenges that result in conflict.
- Participants will leave with a better understanding of their control of emotions and how to implement skills in conflicting situations.
- Participants will engage in discussion to examine their response to anger and attempts at employing interventions.

Where:

- This group is attended on ZOOM virtual meeting rooms.
- 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.

When:

- This 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.

Cost:

- Cost of the class is \$50.00
- Payment must be received before class link will open.

For more information go to ABCHELPS.COM