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. This is a closed group, meaning participants start an finish together as a group.

Where:

- This program is online with a ZOOM interactive format. Participants engage in discussion as if you were sitting in a live classroom, be prepared to engage verbally and visually.
- 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:

- The online group meets on Thursdays from 6:00-7:00pm for 6 consecutive weeks.
- 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 $300 for entire program. Payment is required at registration. If a group is missed, an individual make up session is offered at $50. Two missed classes result in discharge. IF you are court ordered, you would then have to begin the program again.
- Paypal is our payment format, however you DO NOT NEED to have an account, or use PayPal, when paying, scroll below the PayPal option and click Pay with Credit Card

For more information go to ABChelps.com