

# Anger Management Group

## Starting Soon!!

**Who:** This group is designed for adults who want to develop healthy coping skills for managing anger and frustration in their daily lives. This group is appropriate for individuals who are required to attend an anger management classes by Children and Youth Services, Adult Probation, Court Order, or by self-referral. A Certificate of Completion will be issued to attendees who successfully complete the 12 week group.

**Where:** Human Services Center (HSC), 130 W. North Street, New Castle PA

**When:** The group will meet on **Thursdays from 1:00 pm to 2:30 pm starting January 9th.** The group will meet for 12 consecutive weeks. Attendees are required to attend **ALL** sessions, except in case of illness. Attendees who miss two sessions will be dismissed from the group and will not receive a certificate of completion.

**How:** Ask your HSC therapist, doctor, nurse, or case manager to refer you to the group OR contact a Group Facilitator Ashley Master 724-658-3578 x580 or Jolynn Andrusky at 724-510-3233.

A large, stylized cursive word "Anger" written in black ink. The word is written in a fluid, expressive style with a large, sweeping flourish at the end of the word.