



## ANGER MANAGEMENT GROUP & INDIVIDUAL SESSIONS ADULTS & YOUTH

This group is 16 sessions/ 2 hours per session PLUS 5 individual sessions OR 25-30 hours of individual anger management counseling

### **Participants will:**

- Learn current anger style and what triggers anger
- Implement individualized strategies to manage anger /stress/emotions
- Learn how and where to refocus anger energy
- Discover how to experience emotions assertively vs. denying or avoiding emotions
- Learn to handle everyday situations that trigger negative thoughts & behaviors
- Begin communicating thoughts & feelings assertively vs aggressively
- Learn conflict resolution via assertive communication
- Learn the Thought-Feeling connection that influences behavior
- Learn to take the emotion out of your responses/behavior
- Challenge your thinking to produce a better outcome

**Anger Mgmt Groups Starting Every Month!** For more information please contact **Sharon Thomas** at 215-292-5612/ 856-854-3155 x162 or email Sharon at [sthomas@thomasconsulting.biz](mailto:sthomas@thomasconsulting.biz).  
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**Inquire about other services Sharon offers, such as licensed counseling, wellness seminars, coaching, workplace wellness workshops, clinical training, speaking engagements, clinical supervision for licensure, mentoring & other personal, professional & organizational development services.**

