

Anger Management

at Charlotte Behavioral Health Care



Anger Management: Healing Through Treatment

This 16-week psychoeducational program is designed for participants wanting to address issues of anger, aggression and violence that precipitated the participant's legal issues or has simply had a negative effect on one's quality of life. The goal is to provide participants with the skills needed to help each individual adjust to, or change, his/her environment so that it is less threatening.

The program seeks to help individuals understand where behavior comes from, develop insight on the triggering events, and cues and to implement cognitive restructuring techniques. This evidenced-based curriculum is offered through the Substance Abuse and Mental Health Services Administration and meets the requirements of a court-order and/or DCF case plan. However, a court-order is not necessary to participate in these services.

Anger Management group meets every Tuesday from 4:00 p.m. - 5:00 p.m. Participants must schedule and attend an anger management assessment prior to initiating group sessions.

**Don't live another day controlled by anger,
call **(941) 639-8300 ext. 2226**
for more information or to schedule
your anger management assessment today!**

