

FAMILY

THERAPY ASSOCIATES, LLC

150 W. First Street, Suite 270, New Richmond, WI 54017

715-246-4840

www.ftacounseling.com

Adult Anger Management Group



12 Weeks - Tuesday evenings – 6:00 – 7:00 pm

Ages: 18 and older

Session II begins in October

Treatment Focus:

- Develop skills to effectively regulate emotions
- Learn to reduce stress and worry
- Discover mindfulness and relaxation techniques
- Develop skills in interpersonal communication and conflict resolution
- Understand negative thinking patterns that escalate anger and lead to fatigue
- Address issues related to relationship damaging behavior
- Practice skills in self-care

Cost: Most insurance accepted. Discounted prepaid cash rate available.

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****Please call 715-246-4840 to register****