

CARING HEALTH CENTER



YOUNG

DISCIPLINE  
CHANGE

OLD  
FEAR  
REGRET

ANGER  
GUILT  
PAIN

CONTROL  
STRESS

YOU  
LIFE



# ANGER MANAGEMENT GROUP

## What is it?

Based on a Cognitive Behavioral Therapy model, participants will learn to better control anger by modifying their thoughts and behavior, implementing relaxation techniques and conflict resolution skills.

## Tuesdays

3:00-4:00 p.m.

Behavioral Health Group Room #139

Spanish Speaking Class 2:00-3:00 p.m.

1049 Main St Springfield, MA 01103

## THE BENEFITS



### Know your triggers

Learn to identify what provokes you



### Assertive Communication

Learn how to be an assertive communicator and strategies to resolve interpersonal conflict



### Respond instead of React

Learn to calm yourself while in anger provoking situation



### Course Completion

Attend all 12 sessions to receive your certificate



To learn more or join the group, call: (413) 739-1100 Ext. 2522