

BENEFITS

Learn to identify
your triggers



Learn
assertive
communication
skills



Learn
conflict resolution
skills



Learn
coping strategies

Registration:

All participants
must register and
complete an
intake session.

Please call
706-327-3238
to register.

Anger Management Group

The Anger Management Group at the Family Center is a 6 week closed group designed to aid participants in developing healthy, constructive, and non-violent ways of expressing and managing anger. The group uses a structured curriculum and is open to anyone aged 18 and older. All participants **MUST** register and complete an intake session, before attending. There is a \$15 intake fee. ***This group satisfies mandated requirements from social services and/or the legal system.***

2019 Class Schedule:

January 24 – February 28

March 21 – April 25

May 16 – June 20

July 11 – August 15

September 5 – October 10

October 24 – December 5

When: The group meets Thursdays 5:30pm – 7:00pm

Fees: The cost of this group is based on household income and is set by a sliding fee scale. ***There is a \$15 intake fee and weekly group fees range from \$15 - \$45 per class.***

Location: The Family Center
1350 15th Avenue Columbus, Georgia 31902
706-327-3238 - www.thefamilyctr.org

