

## 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 \$20 intake fee. ***This group satisfies mandated requirements from social services and/or the legal system.***

**When:** The next 6 week class is  
**February 27 – April 2**

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

Intakes can be scheduled  
**February 11 – February 20**

**Fees:** *There is a \$20 intake fee and weekly group fees range from \$20 - \$50 per class.*

**Location:** The Family Center  
1350 15th Avenue Columbus, Georgia 31902  
706-327-3238 - [www.thefamilyctr.org](http://www.thefamilyctr.org)

