

MaineStay Youth and Family Services

Adolescent Anger Management Group

An eight-week interactive learning experience designed to give adolescents the skills they need to handle their anger in adaptive ways

Mondays from 6-7 PM
September 13 – November 8, 2010

We will not meet on October 11.

We will explore the sources of anger for adolescents and teach them how to recognize signals of anger before they lose control. Through the use of homework and role-play participants will be taught how to monitor their thoughts and use anger reducers to gain control over their anger. At the conclusion of the course participants will be able to recognize the Angry Behavior Cycle and will learn how their actions have both short-term and long-term consequences.

The group curriculum will be taken from Arnold Goldstein's PREPARE program for prosocial skills. The group is open to children between the ages of 13-18. The fee for the entire eight-week program is \$40. Some scholarships are available with proof of need.

For more information or to sign up please contact Richard Lyon at rlyon@mainetown.com or 847-297-2510 x272.



MaineStay Youth and Family Services

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