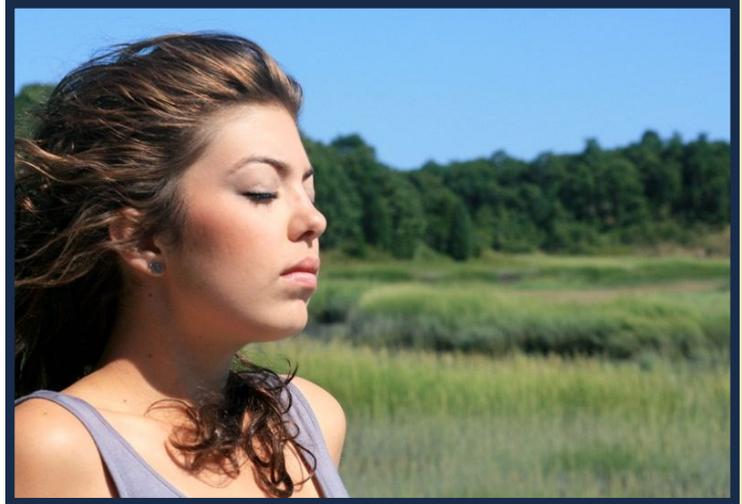


Anger Management Group

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



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.

Only 10 spaces available!

For more information or to sign up please contact
Richard Lyon at rlyon@mainetown.com or 847-297-2510 x261.



MaineStay
YOUTH & FAMILY SERVICES

1700 Ballard Rd • Park Ridge, IL 60068

847-297-2510 • mainetownship.com/mainestay

Thursdays

5-6 PM

Sept. 22 –

Nov. 10, 2016

**Open to youth
ages 13 - 18**

**\$20 for the entire
eight-week program**

(\$60 for non-residents) Some
scholarships are
available with proof of need.