

ANGER MANAGEMENT GROUP FOR ADULTS

MPA GROUP NFP, LTD.

1217 S Euclid

Bay City, MI 48706

989-667-9661

An adult anger management group is forming at MPA Group NFP, Ltd. Some of the things covered in the group will be:

- ✓ Learning about the chemistry of anger
- ✓ The costs of anger, physiological and personal costs
- ✓ Anger triggers/distortions
- ✓ Anger in relationships
- ✓ Negative coping and defense mechanisms
- ✓ Problem solving communication, aggressive versus assertive communication
- ✓ Relaxation

Group will run each Wednesdays, July 24 through August 28, from 1:30 to 3:00 pm

<i>Wednesday</i>	<i>7/24/13</i>	<i>1:30-3:00 pm</i>
<i>Wednesday</i>	<i>7/31/13</i>	<i>1:30-3:00 pm</i>
<i>Wednesday</i>	<i>8/07/13</i>	<i>1:30-3:00 pm</i>
<i>Wednesday</i>	<i>8/14/13</i>	<i>1:30-3:00 pm</i>
<i>Wednesday</i>	<i>8/21/13</i>	<i>1:30-3:00 pm</i>
<i>Wednesday</i>	<i>8/28/13</i>	<i>1:30-3:00 pm</i>

If you are currently enrolled in services in Bay County, enroll by calling the assigned counselor or worker. If you are not in services, or if you have Medicaid insurance, please call AAM at 1-800-448-5498. If you have commercial insurance please call 989-667-9661 extension 204 and speak with Cati Kidd to enroll prior to beginning group. You will need to enroll in the group prior to beginning the group.

We look forward to seeing you!