

Adult Anger Management Group



Anger is a human emotion which, in and of itself, is neither good nor bad. In fact there are times when anger is an appropriate response to a situation. However, anger becomes a problem when it lasts too long, becomes too intense, or in any number of ways seems to take control of our lives. MaineStay's adult anger management program is an eight-week educational group designed to help individuals gain control over their anger. The program utilizes a research-based curriculum of cognitive-behavioral skills to help participants understand their anger and make behavior changes geared toward effectively managing their anger and will be led by a certified anger management specialist. Participants will receive a certificate of completion at the end of the group that can be used for court mandates.

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
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*An eight-week
interactive educational
group designed to help
individuals gain control
over their anger.*

THURSDAYS

7-8 PM

**JANUARY 11, 2018 –
MARCH 1, 2018**

**ONLY 10 SPACES
AVAILABLE.**

**\$20 for the entire
eight-week program
including a 133-page
workbook**