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ANGER/STRESS MANAGEMENT

- ◊ **Stress and Anger Awareness**
- ◊ **Learn Coping Skills, Gain Insight**
- ◊ **Goal Oriented Workbook and Sessions**
- ◊ **Anger and Stress Resolution Skills**



offers comprehensive assessment and referral to a cognitive, behavioral, and educational program that utilizes a written learning component in experiential groups with clients who are learning to manage emotions and behavior accompanying anger and stress.

The ****Anger/Stress management program** utilizes a cognitive, behavioral learning workbook that allows participants to complete modular learning assignments to achieve behavioral change through skill building exercises. The program is for anyone who is experiencing consequences from their inability to cope with anger, frustration, or stress. The consequences are often emotional, physical, legal, or may interfere with our social, work, and interpersonal relationships.

An individualized program determined by completion of assignments and learning goals is presented in a once a week, eight week closed class cycle. The class sessions are one and one half hours in length. All client's complete a comprehensive intake assessment prior to entering the programs to address individual needs. The course is coeducational, all ages over sixteen years.

The program offers an affordable, evidenced based curriculum. The Anger/Stress workbook is included in the program cost. Please call **357 - 7986** for further information.

Call ALTERNATIVES (360) 357-7986
203 4th Avenue East, Suite 301
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www.alternativesprocouns.com

**** The Anger Management assessment and program is separate from the Domestic Violence Perpetrator Treatment Program at Alternatives**