

12 WEEK ANGER MANAGEMENT GROUP

MONDAYS AT 5:30 PM -6:30 PM

@Six County/Perry Counseling Center

1375 Commerce Drive

New Lexington, Ohio 43764

740-342-5154

To Whom It May Concern;

**TO REFER AN INDIVIDUAL FOR THE 12 WEEK ANGER
MANAGEMENT GROUP:**

CALL: PERRY COUNSELING CENTER / SIX COUNTY, INC.

740-342-5154

GROUP MEETS MONDAYS AT 5:30 PM BEGINNING 6/20/16.

A NEW GROUP MEMBER MAY START ANY WEEK.

If you have any questions, do not hesitate to contact us at the number above.

A handwritten signature in black ink, appearing to read "John Johnston". The signature is written in a cursive style with a large, looped initial "J".

Topics of 12 Anger Management Week Group

Session 1 Overview of Anger Management Treatment

Session 2 Events and Cues

Session 3 Anger Control Plans

Session 4 The Aggression Cycle

Session 5 Cognitive Restructuring

Session 6 Review Session

Sessions 7 & 8 Assertiveness and the Conflict Resolution Model

Sessions 9 & 10 Anger and the Family

Session 11 Review Session

Session 12 Closing and Graduation

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To Whom It May Concern;

*If your anger has resulted in anger explosions, verbal or physical violence,
Loss of control or other negative consequences in your life, call.....*

**FOR ENTRANCE TO THE 12 WEEK ANGER MANAGEMENT
GROUP:**

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POSITIVE CHANGE IS WAITING FOR YOU!!

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A handwritten signature in cursive script, appearing to read "John J. J. J.", located in the bottom right corner of the document.