



FACT SHEET:

Anger Control Series

Target Audience: TEENS • ADULTS

*Anyone who has ongoing issues with anger expression.
Anyone charged with repeated charges, or domestic issues.*

Objective: To engage participants in a therapeutic program where they can begin to explore their history of abuse issues, triggers of anger, coping mechanisms and work toward self responsibility and change. The six week program will allow therapeutic rapport and group trust to facilitate the process of anger recovery.

How? This is a closed group, meaning the participants start together and finish together, setting individual and group goals that will be accomplished in a clinical and therapeutic milieu.
Sessions are limited to 8 or less.

When? Once enrolled, the participant will meet weekly with their group and therapist.
Call our office for times and location

Where? The first session is held at the Dauphin County Court House, where you attend the Anger Management Class. The following five therapeutic groups are held in our West Shore or Carlisle offices.

Cost? The fee is \$300.00 for the entire program, (six weeks of therapy).
Missed sessions will be required to be made up individually with a \$50 charge for the make up session. Two missed sessions will be considered expulsion from the program.

How to Register? Call 717-241-6870 or 1-866-470-8477 or go online at **ABCHELPS.com**