

Men's Anger Management Group



Anger is a very powerful emotion that can stem from feelings of frustration, hurt, annoyance, or disappointment. Suppressed anger can be an underlying cause of anxiety and depression. Anger that is not appropriately expressed can disrupt relationships, affect thinking and behavior patterns, and create a variety of physical problems. In addition, anger can be linked to problems such as emotional and physical abuse, and other negative behavior. This group is for men to learn about their anger, the impact it has on relationships. Emphasis will be learning a tool set for change.

When: Sessions to be held on Tuesday's from 6:30PM-7:45PM

Beginning: October 15, 2013

Where: Crossroads Counseling Center

First Building, upstairs office

440 Furrows Road, Holbrook NY

Cost: \$15 per session or \$125 if paid up-front (non-refundable)

Therapeutic group facilitated by NYS licensed Social Worker designed to help men to recognize: the positive and negative aspects of anger as an emotion, the connection between addictive behaviors and negative emotions, the consequences of learning inappropriate responses to anger, and the physical, emotional, and mental techniques that help to diffuse anger.

To enroll please call Crossroads Counseling Center at 631-714-5407

Or you can register online at

www.crossroadcounselingcenter.com