

Child & Adolescent Anger Management



These structured therapy groups help children & adolescents:

- Identify underlying feelings associated with anger
- Understand the impact of anger on themselves and others
- Explore unresolved grief & loss issues
- Develop skills for healthy expression
- Learn appropriate use and management of emotions
- Learn to use effective communication skills and stress relaxation techniques.

These groups are appropriate for:

- Children & adolescents experiencing difficulties in family or social relationships
- Individuals who have inappropriately expressed anger in the workplace, school, or social settings
- Individuals currently or recently in therapy who could benefit from learning healthy communication and problem-solving skills.

In group sessions, members are encouraged to apply the learning materials to their own situations & experiences. Therapy groups are conducted in 12-week cycles. Insurance and sliding fees are based on eligibility.

An intake session is required before attending.

For more information or to schedule an intake session, please contact the Lutheran Family Services of Nebraska office nearest you.

Omaha

2401 Lake Street, Suite 110
(402) 455-9757

Papillion

Midlands Medical Center
401 East Gold Coast Road, Suite 215
(402) 592-0639

Healthy Thinking Group (13-18 year olds)
Fun Solutions for Kids Group (6-12 year olds)

Call the office nearest you
for days and times offered



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