

Adult Anger Management



These structured therapy groups will help you:

- Identify underlying feelings associated with anger
- Understand the impact of anger impact on yourself and others
- Develop skills for healthy use, management and expression of emotions

These groups will help you if you:

- Are dealing with relationship issues, including emotional and verbal abuse, and could benefit from learning healthy communication and problem solving skills
- Have inappropriately expressed anger in the workplace, social settings or the community

By the end of the 12-week cycle, you develop a personalized self-control plan. You may continue beyond one cycle, depending on your goals. Additionally, individual counseling may be available.

An intake is required before attending.

For more information or to schedule an intake, contact the office nearest you.

Omaha

2401 Lake Street, Suite 110
(402) 455-9757
Mondays - 6:00 to 7:00 p.m.

Papillion

Midlands Medical Center
401 East Gold Coast Road, Suite 215
(402) 592-0639
Wednesdays - 5:00 to 6:30 p.m.

Call the office nearest you
for days and times offered



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