



**The Mental Health Association of Rochester/Monroe County is proud to offer a
6-Session Anger Management Class**

Our 2017 class dates are:

January 10th, 17th, 24th, 31st, February 7th and 14th

March 21st, 28th, April 4th, 11th, 18th and 25th

May 16th, 23rd, 30th, June 6th, 13th and 20th

July 18th, 25th, August 1st, 8th, 15th and 22nd

September 12th, 19th, 26th, October 3rd, 10th and 17th

November 7th, 14th, 21st, 28th, December 5th, and 12th

We have a telephone screening process we use to determine if a person is in fact eligible to take one of our classes. ***Please have your client call Tammy @ 585.325.3145 x100*** to go through our screening. **No one will be registered to attend a class without the telephone screening.*

Pre-registration is required. The total cost of the class is \$160 total. We require an \$80 deposit at registration, with \$20 due at each of the first 4 sessions, when all fees must be paid in full. All fees collected are non-refundable. *We do not have the ability to accept insurance of any type for these classes.* Please have your client call us for details.

Attendance at all 6 sessions and payment in-full is mandatory to receive completion documentation.

We do not provide professional counseling or therapy. For clinical services dealing with anger/aggression replacement therapy (ART) please contact a mental health professional.

The goal of our class is to help adults (*18 years of age and older only*) understand basic anger management skills that can be applied to their own lives, increase awareness of effective communication skills, emotional control and to learn about appropriate boundary-setting and more positive responses to anger-provoking situations.

Please advise your client that no one will be allowed to attend a session while under the influence of drugs or alcohol. They will be asked to leave and will not be allowed to complete the class(es). The fees collected will not be refunded.

If you have additional questions, please feel free to contact Tammy at 585.325.3145 x100 or by e-mail at tdemarle@mharochester.org.



Anger Management Course Overview (For the 6-Session Training)

A 6 – Session Training that helps adults build skills and techniques and implement effective strategies to cope with their anger in a positive way.

Training includes a combination of role-playing, presentations, videos and discussion.

Content:

- ❖ Overview of anger including a discussion about the effects of anger and how the brain and body identify triggers
- ❖ Myths about Anger
- ❖ The physical and psychological warning signs and cues and a discussion on why it is important to recognize them
- ❖ How to identify triggers
- ❖ Strategies for dealing with anger (such as relaxation methods, breathing exercises)
- ❖ The Aggression Cycle and the Anger Meter
- ❖ The ABCD model (a model for restructuring the way we view events that trigger anger)
- ❖ The importance of self-control
- ❖ Assertive behavior vs. aggression and anger
- ❖ The conflict resolution model