



2020 Anger Management Session Dates

Mental Health Association of Rochester/Monroe County, Inc.

We are pleased to announce the 2020 dates for our Anger Management Sessions!

Class #1 - January 7 - February 18, 2020 (1/7/20, 1/14/20, 1/21/20, 1/28/20, 2/11/20, 2/18/20) (no session on 2/4/20)

Class #2 - March 10 - April 14, 2020 (3/10/20, 3/17/20, 3/24/20, 3/31/20, 4/7/20, 4/14/20)

Class #3 - May 5 - June 9, 2020 (5/5/20, 5/12/20, 5/19/20, 5/26/20, 6/2/20, 6/9/20)

Class #4 - June 30 - August 4, 2020 (6/30/20, 7/7/20, 7/14/20, 7/21/20, 7/28/20, 8/4/20)

Class #5 - August 25 - September 29, 2020 (8/25/20, 9/1/20, 9/8/20, 9/15/20, 9/22/20, 9/29/20)

Class #6 - October 20 - November 24, 2020 (10/20/20, 10/27/20, 11/3/20, 11/10/20, 11/17/20, 11/24/20)

****Telephone Screening and Pre-Registration are required for all participants. (585)325-3145 x100**

Total cost is \$200.00, with a deposit of \$100.00 due at registration. Balance payments will be accepted at the first 4 sessions. All fees collected are non-refundable.

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, gain emotional control, and learn about appropriate boundary-setting and more positive responses to anger-provoking situations.

Anger Management Course Overview: *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 Includes:

- ❖ 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 of why it is important to recognize these signs and cues.
- ❖ 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.

We do not provide professional counseling or therapy. For clinical services dealing with anger/aggression replacement therapy (ART), please contact a mental health professional. Please note that we do not allow attendance while under the influence of drugs or alcohol.

Earl Greene, M.A., CAMS-1/Fellow National Certified Anger Management Specialist is our Instructor

If you have additional questions, please feel free to contact Ken Maher at 585.325.3145 x100 or by email at kmaher@mharochester.org.