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 #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.