



ANGER MANAGEMENT FOR ADULTS



New Vision Counseling Center, LLC is offering an 8-week anger management course for adults.

Goals that can be obtained from this group are:

- Δ Reduce the number of angry episodes
- Δ Reduce anger intensity
- Δ Reduce the duration of angry episodes
- Δ Learn individual anger styles
- Δ Learn triggers that cause anger
- Δ Learn coping skills, and problem-solving skills that are needed to manage anger appropriately
- Δ Develop self control over thoughts and actions

Who: Adults 18(+)

When: Currently enrolling (call **678-838-8333** or email help@newvisioncounselingcenter.com for date and time)

Where: New Vision Counseling Center, LLC; 8303B Office Park Drive, Douglasville, GA 30134

Cost: \$40 per group (\$320.00) plus the cost of the curriculum and anger assessment.

An 8 week commitment is required for this group.

All groups are led by Kristy Christopher, LPC, NCC, a Certified Anger Management Specialist. She is the founder and therapist at New Vision Counseling Center, LLC where she offers individual, group and family therapy to children, adolescents and adults.