



ANGER MANAGEMENT FOR TEENS



New Vision Counseling Center, LLC is offering an 8-week course to help teens learn skills they need to manage their anger appropriately.

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: Adolescents between the ages of 13-17

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.

The Choice-Based Anger Management for Teens program may not be suitable for individuals experiencing serious mental health problems.