

Alexian Brothers Center for Mental Health

Presents

“Controlling Anger Before It Controls You”

Learn effective coping behaviors to stop escalation and work through anger in healthy ways

In this ten week program you will learn to:

- Understand anger dynamics
- Apply new skills, ie. assertiveness, problem solving
- Lower your anger by managing stress
- Change negative self talk
- Convert anger into forgiveness

- This group will be facilitated by John P. Kuziel, LCPC, Certified Anger Management Consultant. A ten hour certificate will be given at the completion of this program for court or employer requirements.



For more information, or registration information, please contact Karen at 847-952-7473