



NIRCO

Northern Illinois
Recovery Community
Organization

Promoting Principles of Wellness & Recovery

THURSDAY HYBRID ANGER MANAGEMENT

This is a 6-week hybrid anger management course including both in-person and online components:

1. **Weekly Sessions:** The course is divided into six weekly sessions, each lasting about 1-2 hours. Participants will do their first class in-person and last class in-person with four classes in between online.
2. **Curriculum:** The sessions cover topics such as understanding anger, identifying triggers, stress management, communication skills, and developing coping strategies.
3. **Interactive Activities:** Online participants must engage in discussions, role-playing, and exercises to practice new skills in a supportive environment.
4. **Homework Assignments:** To reinforce learning, participants may receive assignments to complete between sessions.
5. **Group Support:** The hybrid format allows for a diverse group setting where participants can share experiences and learn from each other, fostering a sense of community and mutual support.

This course aims to help individuals manage their anger more effectively, improve their relationships, and enhance their overall well-being.



REGISTER NOW

[www.nircolakecounty.org/
anger-management](http://www.nircolakecounty.org/anger-management)

For any questions, please feel free to contact us



(847) 662-3205



info@nircolakecounty.org

This project is funded by the SAMHSA Center for Substance Abuse Treatment Grant #TI-85572





NIRCO
Northern Illinois
Recovery Community
Organization

Promoting Principles of Wellness & Recovery

FRIDAY IN-PERSON ANGER MANAGEMENT

This is **6-week in-person anger management course** that includes the following elements:

1. **Weekly Sessions:** The course is divided into six weekly sessions, each lasting about 1-2 hours.
2. **Curriculum:** The sessions cover various topics such as understanding anger, identifying triggers, stress management, communication skills, and developing coping strategies.
3. **Interactive Activities:** Participants engage in discussions, role-playing, and exercises to practice new skills in a supportive environment.
4. **Homework Assignments:** To reinforce learning, participants may receive assignments to complete between sessions.
5. **Group Support:** The group setting provides a space for sharing experiences and learning from others, fostering a sense of community and mutual support.

This course aims to help individuals manage their anger more effectively, improve their relationships, and enhance their overall well-being.



REGISTER NOW

www.nircolakecounty.org/anger-management

For any questions, please feel free to contact us



(847) 662-3205



info@nircolakecounty.org

