

THURSDAY HYBRID ANGER MANAGEMENT

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

- 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.
- Curriculum: The sessions cover topics such as understanding anger, identifying triggers, stress management, communication skills, and developing coping strategies.
- 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.

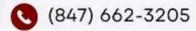
This course aims to help individuals manage their anger more effectively, improve their relationships, and enhance their overall well-being.

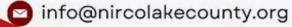


REGISTER NOW

www.nircolakecounty.org/ anger-management

For any questions, please feel free to contact us









FRIDAY IN-PERSON ANGER

MANAGEMENT

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

- Weekly Sessions: The course is divided into six weekly sessions, each lasting about 1-2 hours.
- Curriculum: The sessions cover various topics such as understanding anger, identifying triggers, stress management, communication skills, and developing coping strategies.
- 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.
- 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





