

# You can control your anger.



ANGER

## Anger Management

An outpatient group designed to help clients enrolled in treatment at Northside to learn techniques to express and manage anger without engaging in hostile/destructive behaviors.

### During this group you will:

- Increase your ability to appropriately express anger without engaging in explosive/destructive behaviors
- Identify your personal anger style, its origin, and how this approach has impacted interpersonal relationships, legal status, and other aspects of functioning
- Learn strategies to effectively identify and manage symptoms of anger, as well as learn de-escalation techniques

**Thursdays from 10:00 – 11:00 am**

at Northside Community  
Outpatient Services  
226 Dixwell Avenue, New Haven

Ask your clinician for more information.



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