



Anger Management Education Group



WHAT YOU NEED TO KNOW

- 8 week program - attendance is required at all sessions
- Location: The Recovery Station in Batavia or Albion Outpatient Clinic

Participants will:



Learn to manage anger effectively



Stop violence or the threat of violence



Develop self-control over thoughts and actions



Receive support from others

Advance registration required at
prevention@uconnectcare.org or call 585-815-1883.