



# Anger Management

A Prevention Program for Adolescents

Anger Management classes help you develop the skills to recognize signs of becoming angry and deal positively with the situation. Anger is not an enjoyable or comfortable emotion; it doesn't have to control your thoughts or actions.

If you're struggling with anger, a counselor can help. EPIC Behavioral Healthcare offers an anger management program for teens who want to take charge of their emotions and relate more positively to the world.



CONTROL TRIGGERS



COPE WITH ANGER



REDUCE STRESS

## HOW IT WORKS

**WHERE:** EPIC Behavioral Healthcare provides this program at our Central Campus 1400 Old Dixie Highway, Suite A, St. Augustine, FL

**WHEN:** Anger Management program begins with a Prevention Educator for an initial assessment. The Program continues with a weekly group held **Wednesdays from 4 p.m.- 5 p.m.**

**WHO:** We offer this program to teenagers in middle school and high school

**COST:** \$150.00 for eight classes

**CONTACT:** PREVENTION@EPICBH.ORG | (904) 829-2273  
For more information or to schedule your first appointment, **please call (904) 829-2273 to speak with a prevention educator.**

### The program includes the following required components:

1. **Introduction:** Building trust among group members and understanding the purpose of the anger-coping program.
2. **Triggers and Cues:** Learn to identify the things that trigger your anger.
3. **Anger Reducers:** Techniques to reduce anger.
4. **ABCDE's Anger Control:** Understanding the connection between our thoughts, emotions, and actions plays a vital role in shaping our behavior.
5. **Effective Communication:** Learn effective ways to express your feelings, thoughts, and beliefs positively and assertively.
6. **Skill Building #1:** Students will discuss controlling unnecessary conflicts by controlling angry feelings.
7. **Skill Building #2:** Learn how to cope with others' anger.
8. **Review and Completion**

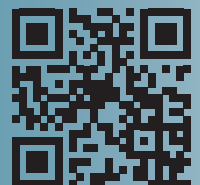
(904) 829-2273 | [www.EPICBH.org](http://www.EPICBH.org)

**CENTRAL CAMPUS** | 1400 Old Dixie Highway, St. Augustine, FL 32084

We accept most commercial insurances, Medicaid, self-pay with sliding scales, Visa & MasterCard.  
Accommodations are available for disabled or deaf/hearing-impaired. For assistance, use x 4016



Sponsored by EPIC Behavioral Healthcare, LSF Health Systems, and the State of Florida, Department of Children and Families.



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