



**Teen Anger Management Program:**  
**What's Good about Anger?**

**Group Description:** The “Teen Anger Management: What’s Good About Anger?” is an evidenced based practice based on the work of Lynette Hoy of the Anger Management Institute and is approved by the National Anger Management Association. This 16-week program is designed to empower youth to understand their anger and to learn ways to manage their anger in a manner that is productive rather than destructive. Participants will grow in understanding the source of their anger, how to manage it more effectively, and how to express their anger in healthy ways. Participants will understand that healthy anger can help them achieve their goals and build their relationships.

**Group Structure:** The group will be open-ended and participants may join at any time. The program will take approximately three months or longer to complete. Pre-post assessments will be conducted to evaluate treatment progress and program outcomes.

**Population:** Males 13 – 17 years old

**Time:** Every Wednesday 3:30 to 4:30 pm

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