



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

Anti-Bullying Empowerment Group

Group Description: Children will learn the skills needed to improve socialization with peers, being secure and confident inside themselves and how to be responsible for their behavior toward others and self. Lesson materials, activities and games are used in a structured environment to give children a platform to have a voice as well as increase positive self-esteem and personal power. Each week, we follow a routine; introductions, identifying and listing the rules, snack, skills building activities, and homework. Seven rules are covered in each group each week; work together, listen, be respectful, keep hands and feet to self, do not leave the room without permission, follow directions and express feelings safely.

Group Structure: The group will be open-ended and participants may join at any time. The length of time varies between participants depending on their level of need.

Population: Boys and girls 7 – 11 years old

Time: Every Tuesday 4:00 – 5:00 pm

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