



# ANGER MANAGEMENT CLASSES

**For Men & Women 18+**

These anger management classes will consist of group cognitive behavioral anger management treatments to individuals struggling with mental health disorders and or substance abuse. The men group will be held on Mondays and the Women on Wednesdays for a period of 12 consecutive weeks. Participants will receive a certificate of completion at the term of the 12 weeks sessions.



## WE CAN HELP!

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THESE CLASSES ARE IDEAL FOR PERPETRATORS OF DOMESTIC VIOLENCE WHO ARE READY TO END THE CYCLE OF TRAUMA.

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**MOST INSURANCES  
PRIVATE AND  
MASSHEALTH  
ACCEPTED**

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THIS CLASS WILL MEET CRITERIA FOR COURT ORDERED ANGER MANAGEMENT CLASSES

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**LET US HELP YOU  
CONQUER YOUR  
RAGE AND REGAIN  
WHAT MAY HAVE  
BEEN LOST  
BECAUSE OF IT**

**TJOCELYNE COUNSELING &  
CONSULTING LLC.**

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Monday & Wednesday 05:30  
pm to 07:00 pm