

Anger Management

**An Evidence Based Therapy
For
Substance Use &
Mental Health**

Anger Management

*is a 12-week group assisting
Individuals to make lasting changes
to successfully manage anger.
This course meets requirements for
court ordered anger management
classes with attendance at all
sessions. In person at the Ames
office or via Zoom.*

Group Dates

**9/19/2024 - 12/12/2024
With last referral date
8/30/2024**

2025 Dates to Come

**To RSVP
Contact Community and
Family Resources at
515-232-3206
to schedule an
Appointment.**



**COMMUNITY & FAMILY
RESOURCES**
Inspiring prevention, treatment and recovery