

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

**6/20/2024 - 9/12/2024
With last referral date
5/30/2024**

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

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



**COMMUNITY & FAMILY
RESOURCES**

Inspiring prevention, treatment and recovery