

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.*

Group Dates

1/4/2024 - 3/21/2024
With last referral date
12/15/2023

3/28/2024 - 6/13/2024
With last referral date
3/8/2024

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



COMMUNITY & FAMILY
RESOURCES

Inspiring prevention, treatment and recovery