

# 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**

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

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

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



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