

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.*

Maximum class size 20 persons

Group Dates

**Now taking referrals for
the next group with a
tentative start date of
5/21/2026**

**Last Referral date:
5/7/2026**

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



COMMUNITY & FAMILY
RESOURCES

Inspiring prevention, treatment and recovery