

# 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

**8/7/2025 - 10/23/2025**  
**With last referral date**  
**7/11/2025**

**Next Group Start**  
**1/8/2026**

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



COMMUNITY & FAMILY  
**RESOURCES**

*Inspiring prevention, treatment and recovery*