

Anger Management Group



This is a set of 12 classes that reviews tools to teach individuals how manage their anger.

Learn To:

- Understand your reactions to day-to-day events.
- Identify your hurt, anger and other feelings.
- Separate angry feelings from angry behavior.
- Understand the sources of anger.
- Learn how you express your anger.
- Learn how your anger affects others.

Price: \$600 for 12 classes or \$50 per class.

Classes Held Mondays Starting March 1, 2020 at 6:30pm.

Location: 127 Lincoln Ave. Bronx, NY 10454

For more information call: Seeking Shalom (212) 655-9605