

Family & Children's Services

# ANGER MANAGEMENT



Family &  
Children's  
SERVICES

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*Life Changing.*



We are the place to turn for help when your anger and emotions seem out of control or turn destructive.

Learning how to manage your reactions is possible.

Our expert staff will help you better control your responses to strong emotional and physical feelings, as well as understand and manage your anger. You'll learn your emotional triggers and how others may perceive your reactions so you can create healthy responses in the workplace, in personal relationships and in life.

This 18-week anger management treatment group teaches you effective strategies and skills for managing your emotions and will help you:

- » Increase your awareness of personal strengths
- » Improve relationships and communication skills
- » Learn to understand anger triggers
- » Identify and label feelings
- » Reduce impulsive acting out behaviors
- » Self monitor behavior
- » Develop alternative responses
- » Implement pro-social behaviors
- » Increase awareness of consequences of negative behaviors
- » Develop new ways to understand other people's feelings

#### ORIENTATION

A required group orientation gives an overview of the course and answers any questions you may have.

#### ASSESSMENT

Our professional staff will conduct a one-on-one assessment with you before the course begins to discuss your needs and provide you with the greatest opportunity for change.

#### ATTENDANCE

The 18-week course must be completed in 22 weeks. Additional weeks may be assigned at the therapist's discretion.



Call **918.587.9471** for more information or to pre-register.

Must be 18 years or older to enroll.

Family & Children's Services complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

# CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

## PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services

Family & Children's Services  
650 South Peoria Avenue  
Tulsa, Oklahoma 74120

918.587.9471

[www.fcsok.org](http://www.fcsok.org)



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