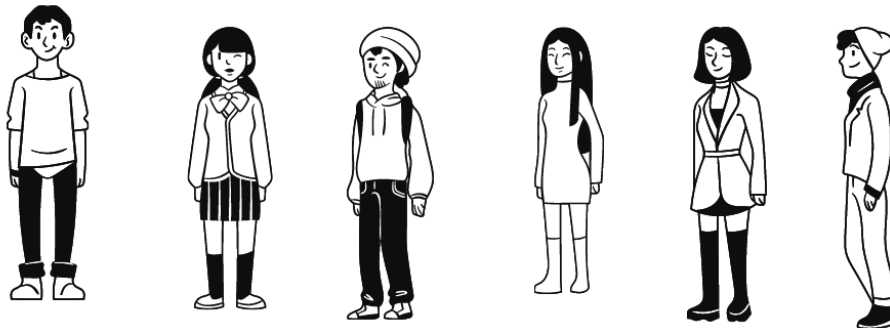


# ANGER MANAGEMENT

## 6-week certificate program

**Week 1-**(1) Overview of anger management (2) Events and Cues  
**Week 2-** (3) Anger control plans (4) The aggression cycle  
**Week 3** (5) Cognitive restructuring (6) Learned concepts  
**Week 4-** (7) & (8) Assertiveness training and conflict resolution  
**Week 5** (9) & (10) Anger and the family  
**Week 6** (11) Learned concepts (12) Closing and Graduation

**Open Enrollment**  
**Weekly on Friday from 12pm-2pm**



This program is provided at no cost

**To sign up or for more information regarding this program**  
Contact Amanda (224) 800-4027

**NIRCO- Recovery Support for Justice Involved Individuals**  
**202 S. Genesee St. Waukegan, IL 60085**