

Stress and Anger Management



A cognitive education program designed to give offenders a better understanding of the skills needed to manage stress and anger and how to use those skills. The program covers defining stress, sequence of stress, coping with stress, defining anger, discovering your anger, power of thought, managing anger, communication skills and conflict resolution. This program is not recommended for domestic violence abusers. There are nine modules to the program. Each module is scheduled for 1.5 hours each with homework assignments. Each session is usually scheduled on a weekly basis with the entire program lasting 10-12 weeks.

Now accepting referrals!

Class time: Tuesdays 3:00 p.m. to 5:00 p.m.