



Anger MAnAgeMent groups for adolescents and young adults

TOPICS INCLUDE:

- Anger triggers
- Alternatives to anger
- Healthy expressions
- Conflict resolution
- Forgiveness
- Stress management
- Empathy training
- Communication skills



Tuesday evenings from 7:00 to 8:30pm
Space is limited!

Please contact Jessica Lombardo
to schedule an intake appointment.

FREE for Town of Huntington residents.
Court mandated clients welcome!

Town of Huntington Youth Bureau Sanctuary Project

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