



## *Anger Management*

*12-Week Program for Men*

### *Allies Locations*

1675 SW Marlow Ave STE 110  
Portland, OR 97225

335 NE 18th Ave  
Portland, OR 97232

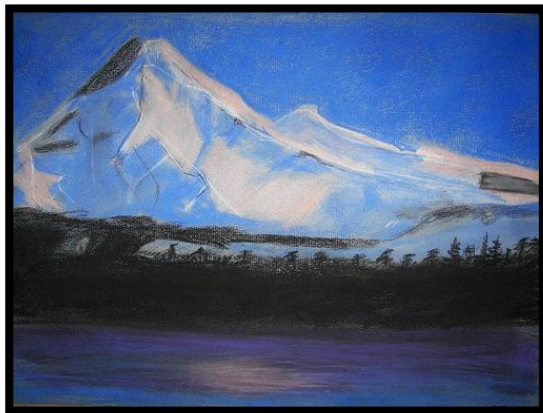
714 Main St STE 209 Oregon  
City, OR 97045

999 Abernethy Rd  
Oregon City, OR 97045

PH: (503) 297-7979

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

[Allies@AlliesinChange.org](mailto:Allies@AlliesinChange.org)



# ***Anger Management***

## ***12-Week Program for Men***

### ***About the Program***

Our Men's Anger Management Class provides an accountable and supportive setting for men to understand the root of their anger and how to better control it. Our Anger Management program is 12 weeks in length with open enrollment.

### ***Group Content***

Our Anger Management Program teaches specific anger management skills as well as addresses underlying beliefs that contribute to anger. This group is most appropriate for men dealing with emotional reactivity, whether it's at home, on the road, or at the workplace, whether directed towards family, friends, or strangers. Some group participants may be more appropriate for our long term Abuse Intervention Program.

### ***Rates***

Our standard rate is \$60 per group session.