



## ***Anger Management***

***12-Week Program for Men  
(At our Marlow Location)***

***◆ Tuesdays at 5:30 PM ◆***

### ***Allies Locations***

**1675 SW Marlow Ave  
Suite 110  
Portland, OR**

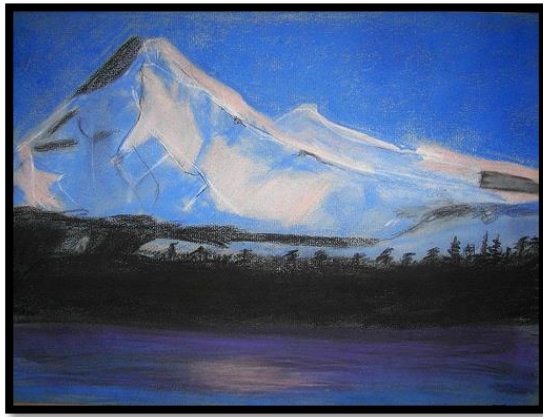
**335 NE 18th Ave  
Portland, OR  
97232**

**714 Main St  
Suite 209  
Oregon City, OR**

**(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 \$50 per group session.