



Teen Anger Management Group

Please join us for an 8week support group, where you will learn to make peace with your anger.

Topics Include:

Identifying Circumstances that Trigger Anger
The Aggression Cycle
Conflict Resolution Training

Please give us a call at **908-312-3232** to obtain information on the dates and times of our next scheduled group.

AAA Counseling and Consulting Services
935 Park Avenue, Plainfield, NJ 07060

The Teen Anger Management Group seeks to help teens make peace with their anger. Anger, being an emotion and not a behavior, is not inherently good or bad. Like all other emotions, anger surfaces as a response to something the teen may be experiencing, or how the teen interprets such events. The way in which teens express their anger takes many forms, and can differ, depending on the individual. While some teens opt to repress feelings of anger, withdraw, and isolate, other teens may express anger more externally, through destroying property or getting into fights.

The goal of this group is to identify the triggers of anger, and to acknowledge the maladaptive behaviors used to address difficult feelings. Once teens have an understanding of what causes them to be angry, and how this anger can potentially affect their scholastic achievement, their relationships with others, or their future goals, the teens will then learn strategies of dealing with distressing stimuli in a more adaptive way. The teens will have the opportunity to practice a variety of skills and will relate each skill to their personal experiences. Adolescence can be a very difficult time, in which teens developmentally are facing many emotional issues among other things.

This group teaches teens to be self-reflective, to take ownership of their own actions, and that they are the catalyst of their own change.

Please refer students that:

- ❏ Have difficulty regulating their emotions and behavior.
- ❏ Are withdrawn and/or struggle to foster healthy peer relationships.
- ❏ Experience difficulty practicing conflict resolution skills.



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