

Join us to help build the skills you need to manage your anger

We Cover

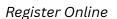
- Emotional Regulation
- Understanding Trauma
- Conflict Resolution
- Self-care
- Communication
- and more!

Virtual Meetings

Thursdays | 5:00 pm - 6:30 pm

12 weeks | \$25 per class

This group is approved for court-mandated individuals





Register Today!

Contact for more info: 757-965-8623 outpatientcounseling@theupcenter.org