

Anger Management Group



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 Online



Register Today!

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