

Anger Management

**An Evidence Based Therapy
For
Substance Use &
Mental Health**

Anger Management

*is a 12-week group assisting
Individuals to make lasting changes
to successfully manage anger.*

*This course meets requirements for
court ordered anger management*

*classes with attendance at all
sessions. In person at the Ames
office or via Zoom.*

Group Dates

**1/9/2025 - 3/27/2025
With last referral date
12/6/2024**

**Next Group Start
4/3/2025**

**To RSVP
Contact Community and
Family Resources at
515-232-3206
to schedule an
Appointment.**



**COMMUNITY & FAMILY
RESOURCES**
Inspiring prevention, treatment and recovery