

**Live life to its fullest!**

# Anger Management

## **Adolescent Program**

**Probation/Court Approved**

**Tuesdays, 4:00-5:00 pm**

**Insurance or \$20 per class**

**(Ask about assistance)**

**Alpine Family Medicine**

**1620 Alpine Blvd. Alpine**

**Ste. 118**

**(619) 445-6200 x 151**

### ***Subjects include:***

- ***Developing a healthy self-esteem***
  - ***How to relax***
- ***Increasing a healthy self-esteem***
- ***Understanding angry feelings***
- ***Solving conflict in a respectful way***
- ***Learning positive ways to express feelings.***

Mountain Health & Community Services is offering a 15-week (1 hour / week) group program that teaches adolescents alternative ways to express anger appropriately, as well as providing coping skills to express negative feelings. They will learn how to manage stress and resolve conflicts with problem-solving skills. Participants will learn life skills that will enhance their relationship with others in the future.

**Call MHCS at (619) 445-6200 x 151 for more information.**

**Program of Mountain Health & Community Services, Inc.  
Behavioral Health Department**