



**Be Well Counseling is proud to announce that Anger Management Counseling is now being offered.**



**Be Well Counseling**  
285 Durham Avenue  
Building 6, Suite 2a  
South Plainfield, NJ 07080  
T: 908.548.8533

**In 15 weekly group sessions, participants will learn to:**

- Understand the underlying causes for anger and aggression
- Be more aware of the cost of losing control
- Be more aware of his or her own emotional state
- Identify several different cues that let us know when we are going to lose control
- Learn several concrete techniques for controlling our own anger
- Develop a personal action plan to help us manage our aggression

**This program is ideal for adults that:**

- Have been having trouble managing angry feelings
- Have been having negative consequences after losing control of their anger and becoming aggressive
- Want to learn more healthy ways to manage anger and aggression
- Need to satisfy a requirement for work or for court

For more information about fees and schedule, and to arrange a screening, please contact  
**Be Well Counseling at 908.548.8533.**

**A certificate will be awarded upon successful completion of the 15-week program.**