Wilson Counseling

Anger Management

Learn to Manage Anger, Not Suppress It

This 8-week rolling Anger Management Group is designed to help participants better understand their anger, build emotional awareness, and develop healthy coping strategies using evidence-based practices.

Who Can Benefit?

- Individuals struggling with anger outbursts or irritability
- Those experiencing relationship, work, or legal stress related to anger
- Adults seeking healthier emotional expression and coping skills

Interested?

For more information or to be notified when enrollment opens:

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