

GOAL

The goal of anger management is to help individuals experience and express anger in healthy, non-destructive ways.

GAIN CONTROL

Anger Management can help reduce the emotional intensity and physiological arousal that anger causes. You cannot control other people or situations, but you can learn to control your response.

The end result is that you will become more in control of your feelings and emotions rather than the other way around.

GROUP SUPPORT

Our group educates you on what anger is, the causes, the triggers behind it and most importantly prepares you with some ready action plans the next time a confrontational or stressful situation arises



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Anger Management

Anger is a completely healthy, normal human feeling. Anger becomes a problem when it is expressed inappropriately.

Recovery Technology's Anger Management program can help reduce the emotional intensity and physiological impulse that anger causes.



Participants will learn to:

- **Understand, recognize and appropriately respond to normal angry feelings**
- **Improve judgment and impulse control**
- **Practice effective stress reducing strategies including relaxation techniques**
- **Problem solve through increased communication skills**
- **Experience less conflict with others**

Our Anger Management program is a twelve-week series of cognitive based sessions done in a group setting.

To contact someone about Anger Management Services call:

517-780-3336



The Mission of Recovery Technology is:

To make a positive difference in the lives of the people we support

The Recovery Technology Vision is:

Being committed to helping people achieve their passions

Our Core Values are:

Treat people the way we would want our loved ones to be treated

Practice the skills we advocate

Above all else, do no harm

Always take the high road

Accountability

Compassion

Credibility

Honest