

Anger Management & Domestic Violence Prevention Program

WHAT IS THE PROGRAM ABOUT?

- ❖ The Anger Management program encourages healthy thinking and behavior. The goal is to prevent the domestic violence cycle through internal & external change.
- ❖ The program is structured to meet individual needs while supporting court mandated services which incorporates the 'Duluth model' of change.
- ❖ The program consists of the following service components:
 - screening to evaluate motivation, risk & program adaptability
 - group counseling / therapy (average 9-27 hrs)*,
 - individual counseling / therapy sessions (average 2-6 hrs)*
 - follow-up recommendations and treatment planning.

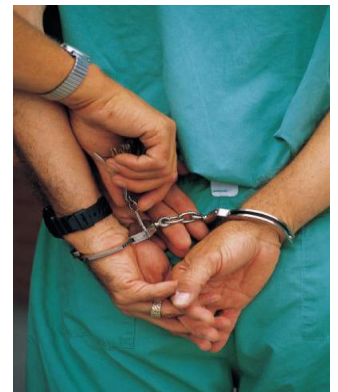


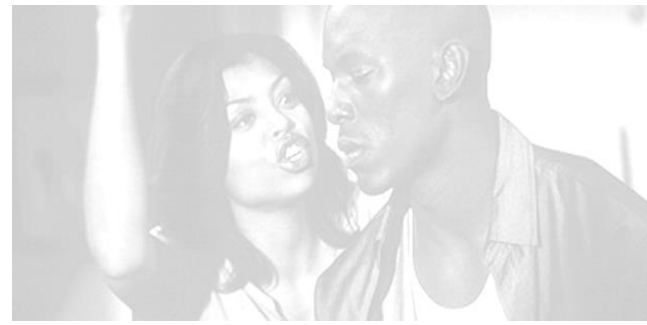
PROGRAM OBJECTIVES:

- ❖ To assist adults to manage anger through healthy thinking and behavior.
- ❖ To assist adults in developing adaptive communication skills.
- ❖ To facilitate change through peer support, accountability, skill-building & counseling.
- ❖ To promote an understanding of triggers, identify & practice anger management strategies.

GROUP/COURSE TOPICS*:

- ❖ Anger of Origin and Accountability for Behaviors
- ❖ Balancing Stress
- ❖ Tools To Manage Conflict & Develop Effective Communication Skills
- ❖ Managing Anger Triggers and Irrational Thinking
- ❖ Anger's Impact on the Family and Breaking the Cycle of Anger





NEXT STEPS:

1. All interested candidates must initiate accountability and call 610-597-7200 to schedule a Screening.

Note: As you are likely to receive voicemail, clearly leave name & phone number

2. Submit non-refundable fee commitment to **F.A.C.E.S.** PO 3 Pen Argyl, PA 18072.
3. Gain authorization to attend and fully participate in all aspects of the program.

The Anger Management & Domestic Violence Prevention Program- **SAMPLING OF GROUP & INDIVIDUAL SESSION LOCATIONS** **

Bangor

Location: "Slate Belt Nursing & Rehabilitation Center" 701 Slate Belt Blvd, Bangor PA 18013 – Main Enter./Conference Rm

Directions: Route 22 E. to Route 33 N. Exit at Wind Gap (Route 512 North). Take right off of exit and proceed through Wind Gap and Pen Argyl (several miles). Take a left onto Bangor Junction Road and right onto Slate Belt Boulevard.

Bethlehem

Location: "Bethlehem Township Community Center" – 2900 Farmersville Rd, Bethlehem, PA 18020.

Directions: Route 22 E. to Route 33 S. exit onto Freemansburg Avenue (bearing right off the exit ramp). After approx. 1 mile, make a right onto Farmersville Rd. Bethlehem Township Community Center is approximately 1/2 mile on right.

Easton

Location: "Lafayette Towers" - 2040 Lehigh Street, Easton, PA 18042

Directions: Rt. 22 east to Easton's 25th St. exit, straight at light and bear right onto Northampton St. (Rt. 248). Rt. Onto 22nd St., Left onto Lehigh St. (across from Easton Hospital). Office space shared with Clay Holland and Associates.

**** Screenings, evaluations, group & individual therapy sessions are scheduled in advance in accordance with client needs & therapist availability. Call 610-597-7200**