



# Anger Management Classes

*Director: Suzanne Berteau Hamilton*

*Parish President: Tommy Martinez*

**ENROLL NOW**

**Classes are now forming. Each session will cost \$10. A certificate of completion will be issued once the program is completed.**

**To Enroll in our Six week Sessions contact Tatiyana Curry**

**At**

**225-450-1157**

**Sessions Include:**



**Session 1- Overview of Group Anger Management Treatment**

**Session 2- Events and Cues: A framework for Understanding Anger, Anger Control Plans**

**Session 3- The Aggression Cycle: How to Change the cycle & Cognitive Reconstructing**

**Session 4- Reinforcing learned concepts & Assertiveness Training and Conflict Resolution Model: Alternatives for Expressing Anger**

**Session 5- Anger and the Family: How Past Learning Can Influence Present Behavior**

**Session 6- Review and Closing Exercise, Graduation and Awarding of Certificates.**