

I wanted to let you know of 2 groups being started in The Center at Sheboygan Memorial Hospital. I was not sure who to pass this information on to, so thought you might know. The groups and the psychotherapists who will be doing them are described below. Please pass this on, or I would appreciate any direction you could give me for distribution. Thanks for your help.
Joy Mead-Meucci

Who: Adults over 18 years

What: **Managing Your Anger-What's In It For You**

Where: **The Center, Aurora Sheboygan Memorial Hospital**

When: To Be Determined. Number of sessions are individualized depending on patient progress. Nineteen different modules(one presented each session) are available.

How: Initial evaluation appointment needed to access group. Call **Ray Hoffman MSW, LCSW, LMFT, SAC, ICS** for further information at **920-451-5548**

This therapy group for adults looks at how anger affects lives and relationships, the functions of anger, and the steps that lead to change. Participants will explore the myths that perpetuate anger, how it affects family functioning, and will give concrete strategies and tools to control anger. A manual will be provided.

Anger Management for Adolescents

The Adolescent Anger Management Group is designed to help adolescents deal with the emotion that gets them into trouble most often- uncontrolled anger. This group is for male and female adolescents ages 13-17 who have suffered negative consequences due to their unmanaged anger.

The group will explore the sources of anger for adolescents and teach them how to recognize signals of anger before they lose control. Through the use of games, videos, homework, and role play, participants will be taught how to monitor their thoughts and use anger management strategies to gain control over their anger. The group is cognitive-behaviorally based and will teach participants how their thoughts affect their feelings and behaviors. By the end of the group participants will be able to identify the Anger Behavior Cycle and different short and long-term consequences their actions may cause.

Who: Adolescents 13 - 17 years

What: **Anger Management for Adolescents**

Where: The Center , Aurora Sheboygan Memorial Medical Center

When: Thursdays, 4:30 p.m. beginning September 25, 2008

How: For information or to register please contact **Amy Kowalke-Laabs MSW, LCSW at 1-920-451-5548**