

Anger Management Training

6 Sessions
designed to teach
new coping skills
to change
unacceptable
behavior patterns!

Individual or Group Sessions Available
Call us to participate

Helping adolescents and adults recognize
the role of individual responsibility in
changing unacceptable behavior as well as
develop a working understanding of one's
own anger/stress patterns and responses.

Contact **Sedara Burson**, Groups Manager
at ProActive Management Consulting

Phone: 770-319-7468 - or- fax: 866-416-1767

Some of the Sessions will include:

- Definition of Anger Management
- Coping Skills
- The Expression of Anger
- Stress Management
- Emotional Intelligence
- Personal/Self-Awareness

*ALL GROUPS are headed by
licensed clinical coordinators
& Family Advocates*



ProActive Management Consulting, LLC



"Change is possible, growth is possible, success is possible... One step at a time"

*Main Office:
2700 Cumberland Pkwy, Suite#120
Atlanta, GA 30339
Phone: 770-319-7468
Fax: 866-416-1767*

E-mail: sburson@proactive-management.com