



Anger Management Assessment/Classes

Assessment:

For the first appointment (commonly referred to as an assessment), client will need to bring:

- Copy of Police Report
- Payment for Assessment (Cash Only)

The first appointment is generally an hour and 15 minutes. Fifteen minutes is needed to complete and process paperwork. The hour is for the assessment with the therapist.

Anger Management Classes/Group Therapy:

The Anger Management Therapy last for 12 weeks. Classes are offered on Wednesdays from 1:00 p.m. – 2:30 p.m. and from 6:00 p.m. – 7:30 p.m.

Clients who are recommended for Group Therapy should know:

- Payment is acceptable in cash only
- Only 3 misses are allowed for the 12 weeks of the course. If a client misses more than 3 times, the client will have to start the course over.
- A client arriving more than 5 minutes late for the class, will be considered a “no-show” and that will count towards the 3 misses.