

Difficulty Managing Your Anger?

Cognitive-Behavioral Therapy Center of WNC, P.A.
offers:

Group Treatment for Managing Your Anger

Cost: \$40 Per Session

Day: Every Monday Time: 5:30 PM - 7:00 PM

Next group cycle begins April 7, 2008

Contact:

Cognitive-Behavioral Therapy Center
of WNC, P.A.

417 Biltmore Ave, Suite 2E

Doctor's Park

Asheville, NC 28801

828-350-1177

www.BehaviorTherapist.com

If your anger seems spontaneous, uncontrollable and unreasonable,
this group may be for you.

Learn about your anger and what you can do about it, including:
signs/signals, triggers, angry thinking, modifying physical aspects,
and more.

**10 Session (14 hours) Evidence-Based, certificate program in
Anger Management and Skills Development.**

All interested participants required to participate in one-hour screening session to determine appropriateness for this group. Screening session may be covered by some insurance plans, contact us for screening session fee. Group time and dates subject to change depending on participation.

