Seeing Red: An Anger Management Group for Kids

New groups starting the week of November 14th

In this 12 week group, participants will be able to:
- Identify common triggers for anger
- Take responsibility for mistakes
- Identify positive and healthy ways to keep from losing control
- Explore how people cover up painful feelings with anger

Details:
- Group is offered every Tuesdays from 4-5pm
- Group is limited to 8 people
- Ages 10-12 only
- Cost $240 ($20 per session)
- Location: 7365 Kirkwood Court, Suite 250, Maple Grove
- Facilitator: Kelly Tousignant, MA, LMFT

Weekly Outline:
- Week 1: Welcome Week
- Week 2: Discovery My Anger
- Week 3: But it wasn’t my fault!
- Week 4: Warning: I’m getting mad!
- Week 5: Digging Deeper: What’s under all that anger?
- Week 6: We are Peacemakers
- Week 7: Keep Your Personal Power
- Week 8: It’s All in How You Say It
- Week 9: Creating Positive Change
- Week 10: Consequences and Bullying
- Week 11: Spreading the Peace
- Week 12: Seeing Red Celebration

If you are interested in more detailed information please call Kelly at 763.424.9591 or visit our website www.reimanncounselingclinic.com