

ANGER MANAGEMENT

a skill-building course for adults

- A 6-hour course consisting of two 3-hour sessions
- Participants will receive education and practice skills in a 2-week course to help better navigate emotionally charged situations.
- Participants will receive a certificate of completion.
- Program fee is \$150 and must be paid at first session. Self-pay only.
- No assessment or intake appointment required
- Please specify your language preference (Spanish or English) when scheduling. The course is provided at 31979 N. Fish Lake Road in Round Lake, IL.



**Call 847-546-6450
to enroll.**

 **Nicasa**
Behavioral Health Services

Nicasa Behavioral Health Services is a non-profit working to empower and promote healthy lifestyles to prevent and treat substance abuse, addiction, and other risky behaviors.