



Child First Family Services
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Anger Management Groups

Anger Management Curriculum:

- Description of various kinds of anger and the effects on each member of the family
- Geneograms and discussion of family patterns related to coping with conflict and communication
- Anger management and Stress Reduction Techniques
- Discussion of Parenting and Relationship issues related to Anger reduction
- Alcohol and Substance abuse and the relationship with anger
- Review of each group member's progress and feedback by other members as well as the therapist
- Review Anger Control Chain
- One homework assignment

The Anger Management Group has been approved by the Lancaster County Adult Probation Department and Lancaster County Adult Probation Department and Lancaster County judges.

To meet probation or court mandated requirements of completing group; the following **must** be completed:

1. Complete an intake appointment and Conover Anger Management Assessment
2. Attend all 4 sessions
3. Actively participate in group discussions
4. Complete homework assignment
5. The cost of group (\$200.00) must be paid in full before the first group session unless special conditions are approved.

Payment Plans:

For Probation Referrals:

1. \$200.00 paid at time of intake and/or one week prior to first group session.
2. \$110 for an anger management assessment including the Conover Anger Management Assessment and Social History. 1 ½ -2 hours.

For Client Initiated Referrals:

1. \$50 each session attended

*Medical Assistance and private insurance is not accepted unfortunately.

Please contact us to review our group schedule. We provide groups in the evenings during the work week, Saturdays, or Sundays. We also provide groups in Spanish as well.