

Anger Management: A Group for Girls Ages 14-17

Northwest Youth & Family Services is offering a six-week group for girls ages 14-17. This group is designed to provide information about the anger process and to help participants learn coping skills and alternative behaviors:

Topics will include:

- Recognizing anger triggers
- Noticing body warning signs of anger
- Identifying and discussing the underlying causes of anger
- Finding ways to manage anger at home, school and in social settings.

The group will meet for six consecutive weeks at Northwest Youth & Family Services from 5:00 to 6:00 p.m. on Tuesdays beginning on Feb. 23 and ending on March 30. You must be willing to attend all sessions. Health insurance will be billed for the group when possible. A sliding-fee payment scale is available for those without insurance. A pre-group interview may be required.

Sessions will be held at:

**Northwest Youth
& Family Services
3490 Lexington Ave. N.
Shoreview, MN 55126**

NYFS Outpatient Mental Health Services offer counseling and support for individuals and families experiencing difficulty with depression, family conflict, marital conflict, divorce, anxiety, behavior disorders, self-esteem, anger, stress, employment issues and difficult life transitions. For more information, please call 651-486-3808 or visit us on the web at www.nyfs.org



**To register or for more information,
call Judy Baldwin at 651-379-3431.
www.nyfs.org**