

Avatar Counseling Innovations
660 Main St.
Port Jefferson, NY 11777
631 828 2840



Anger and Stress Management Group for Adolescents

This group is designed to teach effective skills to adolescents that are having difficulty dealing with Stress and Anger. The group process will address triggers and "paradigms" or mind-sets that reinforce the stress that often leads to the anger response. Students will learn:

- ✚ How to utilize the emotional guidance scale to identify and change unwanted emotional responses.
- ✚ The use of visualization techniques to reduce stress
- ✚ Anger Management Skills
- ✚ The healthy mind-set and the use of positive affirmations
- ✚ Goal Setting Skills

Groups in Port Jefferson Village on Wed. 6:00pm

\$20.00 per session

Contact Joe Gagliano, LCSW-R @ 631-828-2592 or

Email him at avatar01@optonline.net for information. Check out the web. Avatarcounseling.org

The Empire Plan, GHI, Valueoptions, HIP, Vytra, accepted along with most PPO plans.