



**MEN'S
ANGER MANAGEMENT GROUP**
SEPT 24- JAN 7, 2019
TUES 9:00AM-10AM

Topics Include:

- ✚ Impulse Control
- ✚ Self-Awareness
- ✚ Frustration Management
- ✚ Breathing Techniques
- ✚ Relaxation Strategies



**Mental Health
America is offering
Cost Free
Men's
Programming**

- Anger Management
- Parenting
- Healthy Relationships

**Call 414-276-3122
To register for
groups
Other Resources:
Case Management
Therapy
Peer Mentors**

LOCATION

**MENTAL HEALTH
AMERICA OF WI**

600 W. Virginia St,
Suite 502
Milwaukee, WI

www.mhawisconsin.org