



Anger Management Treatment

We use our own unique program and practice in a safe and warm environment of mutual understanding. We aim to put you back in control of your life, help you reconcile with your past, and empower you to embrace the future.

Scan the QR Code
for more
information.



Our interactive Anger Management Program is designed to educate and counsel using a nurturing approach. We are here to help people put this phase of their lives behind them and start anew. The groups are limited in participants to maximize interaction.

All sessions last one hour and are conducted in a group setting with a qualified and knowledgeable counselor. All participants receive a letter and a Certificate of Completion upon culminating a minimum of 8 sessions if needed.



FMH FLORIDA
MINDFUL HEALTH

State-wide Through Telehealth

www.flmindfulhealth.com

407-744-8777

In Partnership with:

N North Jersey Wellness Center

Anger Management
Classes



Flexible solutions for every day life.

TREATMENT THAT WORKS WITH YOUR BUSY LIFE.

Groups are held twice a week, on Tuesdays and Thursdays
from 6:30 pm to 7:30 pm.

Topics Covered

QUESTIONS AND POLICY

If you have any questions, feel free to contact us at 407-744-8777. You can also visit our website at www.flmindfulhealth.com for our program details and cancelation policy.

We cover twelve main lesson with 118 subtopic in our curriculum.

- Getting Started and the Anger Log
- Primitive and Evolved Brain
- Anger Awareness
- Calming Techniques
- Shame and Shadow Material
- Destructive Thinking
- Judgment and Criticalness
- Assertive Communication
- Conflict Resolution
- Stress and Anxiety Management
- Mindfulness
- Practical Solutions



Knowledgeable Staff

Counselors are members of the National Anger Management Association. Staff follow the NAMA curriculum and their code of ethics.



Registration and Payment

Registration is made simple. Visit our website at www.flmindfulhealth.com/angermanagement and register and pay online. We accept Visa, Master Card, American Express, and Discover Card on our secure payment platform.



Treatment Comes to You

Our program is conducted virtually with a live counselor. This makes it convenient for everyone, no matter where you are. You can log on a computer, tablet, or smart phone, all you need is a camera.



WE WORK WITH A DIVERSE COMMUNITY BASE. HOW CAN WE HELP YOU?

We look forward to hearing from you.