

Cape Cod Family Resource Center



ANGER MANAGEMENT FOR TEENS

- FOR AGES 14-16
- THURSDAY EVENINGS 5:00 – 6:00 PM
- 8 Week Group – Virtual Platform
- Starting March 25, 2021

This ongoing group uses peer supports, psychoeducation, and therapeutic techniques to help explore, manage, and transform anger.



**GROUP THERAPY
FOR TEENS**

**A SAFE SPACE TO
EXPLORE**

PEER SUPPORTS

PSYCHOEDUCATION

**LEARN COPING
SKILLS**

 **Family
Resource Centers**
FAMILY CONTINUITY

29 Bassett Lane
Hyannis, MA 02601

TO REGISTER CALL
508-815-5100