

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.



The logo for the Cape Cod Family Resource Center. It features a stylized house outline in black with the words "FAMILY RESOURCE CENTER" in red capital letters inside the top half of the outline. Below this, the words "Cape Cod" are written in a smaller, black, sans-serif font. The entire logo is set against a teal background.

**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