

The Goal

The overall goal of anger management intervention programs is to reduce and control the emotional feelings and physiological arousal caused by anger. Although most adolescents can't eliminate, avoid, or change the things or people that cause their angry feelings, they can learn to control their reactions. According to Golden, healthy anger management is taught to adolescents by helping them

- Identify and recognize the negative emotions behind their anger.
- Identify, challenge, and replace unrealistic expectations and conclusions
- Learn relaxation skills and stress reduction strategies
- Develop problem-solving skills

Services Offered By FamilyTime:

- Free individual counseling for victims of abuse and/or crime, including domestic violence and sexual assault.
- Free support groups for adult, female victims of domestic violence and/or sexual assault.
- "The Door", FamilyTime's emergency shelter for women and children fleeing abusive situations.
- Low-Cost individual counseling for non-victim issues

FamilyTime Crisis and Counseling Center is a non-profit 501(c)(3) social service agency. Our mission is to provide an outreach program and accessible services to families and individuals in crisis through counseling, crisis intervention, information and referral, and emergency shelter.

2008 Course Schedule:

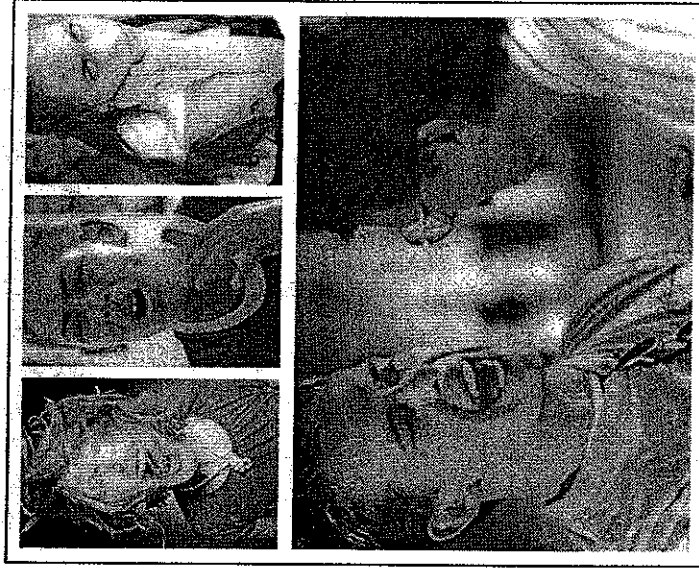
This 8-week (16-hours) course will be offered on Saturday afternoons from 2pm-4pm. The class will consist of 8 consecutive weeks, 2-hours each week.

If you miss a class, you will have to take the missed class when the next full session begins. You will not receive a Certificate of completion until all 8 classes are completed.

Saturday's from 2PM-4PM

Sept 27, 2008 - Nov. 15, 2008

Nov. 22, 2008 - Jan. 24, 2009



AAM-AFA

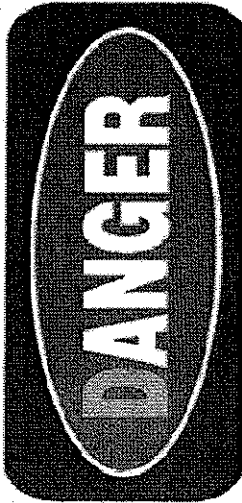
Adolescent Anger Management
A Family Affair

The fee for the course is \$80.00, which includes the entire eight-week program and all program materials.

Presented by:
FamilyTime Crisis and Counseling Center
101 Main Street
Humble, Texas 77338
(281) 446-2615
www.familytimeccc.org

These dates are subject to change. Please contact the FamilyTime Office at (281) 446-2615 to verify dates.

AAM-AFA
Adolescent Anger Management
A Family Affair



Family Time's Adolescent Anger Management-A Family Affair (AAM-AFA) is a eight week, group interactive learning experience designed to give adolescents the skills needed to handle their anger in adaptive ways. Adolescents wishing to participate will be required to participate in a screening program along with their caregivers. Caregivers and adolescents wishing to enroll must be willing to commit to the following:

- Completion of a family history
- Adolescents participation in the eight week program, and family participation in one family session
- Adolescents completion of cognitive and behavior assessments prior to the start of the program
- Completion of ten (10) hours of community service by each participating adolescent, to be completed before the start of the eighth session

The Program

The program is designed to help children with deep unresolved anger issues manifested in disruptive, disrespectful, and anti-social behavior. The source of adolescent anger can be consistently traced to social-environmental factors. This environmental context is complex and often stems

from genetic or inherited tendencies, dysfunctional family relationships, academic disabilities, trauma and other problematic personal experience. The program will develop numerous skills specifically communication skills, relationship effectiveness, conflict resolution, life management and emotion management. Some possible reasons for seeking admission are listed below.

Reason for Admission

- | | |
|---------------------|-----------------------------|
| Aggressive behavior | Drug/alcohol use |
| Anger/rage episodes | Grief, loss, or abandonment |
| Anxiety | Identity problems |
| Defiant behavior | School problems/truancy |
| Depression | Self-mutilation |
| Domestic violence | Severe family conflict |



Benefits of AAM-AFA

- Learn to recognize anger and change behavior before it damages or impacts relationships with others
- Learn how to improve judgment and impulse control as well as manage stress and anger more effectively
- Experience less conflict with family members, parents and teachers
- Improve communication skills in such a way that others understand your feelings and needs
- Gain skills in stress management to better cope with life's challenges and the impact of others
- Learn to take control of your own behavior rather than blaming others for "making" you do things

- Improve skills in empathy and social awareness to decrease anger and improve relationships
- Gain skills in forgiveness as well as how to more accurately manage expectations



Family Support

Family support and commitment are crucial to the successful treatment of troubled youth. The goal of family therapy is to provide the best assistance for successful treatment of the patient and smooth reintegration of the adolescent from the program to home or to another care provider. Family therapy offers the opportunity for the family unit to learn how to have a healthy relationship and communicate and share hopes for the future.

Young adults today face greater pressures than those of the past. By age eighteen, most have witnessed thousands of murders on television and video games. Some are involved in violence or illegal gang activity. Others come from broken homes where domestic violence and substance abuse are the norm. By the time young adults start going through puberty, their entire existence may seem out of their control, and they may grow increasingly enraged, acting out their anger in anti-social ways that potentially may benefit from being introduced to opportunities for adolescent anger management.