

Anger Management Group



Designed to help you learn to manage your anger in healthy ways.

FACILITATED by: Jack Berkemeyer, LCPC and Dr. Christin Fort, MA

Anger is a normal and often healthy response to negative events. But when uncontrollable anger begins to negatively impact your relationship, job, or quality of life, it may be time to seek professional help. We offer that help in a supportive, confidential environment. Six sessions.

DATES: Tuesdays - April 3, 10, 17, 24 and May 1, 8, 2018

TIME: 7:00 – 8:30 pm

COST: \$25 per session

LOCATION: CDPCC offices, 507 Thornhill Dr., Carol Stream

REGISTRATION: Please contact Donna @ 630-752-9750 or dloftus@cdpcc.org



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