

# Feeling Angry? Feeling Frustrated?

## How to Deal With and Learn from Your Feelings

Group Facilitator: Marty Laska LPCC-S, LICDC-S, ACHT

### Week 1

**What is Anger:** How to begin to figure out what it means to you to be angry.

### Week 2

**Identifying all Emotions:** How being able to tell what you are really feeling can help lessen feelings of frustration and isolation.

### Week 3

**Identifying Practical Steps:** How to identify steps that will work for you to avoid "losing it."

### Week 4

**What Works and What Doesn't:** Now you have had a chance to try some new behaviors figuring out what works or doesn't for you.

### Week 5

**Practice, Practice, Practice:** Using role play to experience different situations.

### Week 6

**Where Do I Go From Here?:** How do I keep up the progress?

**6 week group; 90 minute sessions; held at  
the Avenues Fairlawn office**

**Covered by most insurances!**

**Self pay cost is \$65 per session, including all  
materials and handouts.**

*Sign up soon as space is limited, call (330) 723-7977 to reserve a spot*