Anger Management Group for Teens

Purpose: To help teenagers learn strategies to better manage their anger

For: Teenagers – ages 13-17 years old

Content: - Recognizing anger triggers
- Identifying physical warning signs of becoming angry
- Learning about “self talk” and how that impacts anger
- Recognizing thinking errors that increase anger
- Understanding and practicing coping strategies

When: The group meets for 6 sessions on Wednesdays from 2:30 – 4:00 p.m.

Where: American Foundation of Counseling Services
130 E. Walnut St. 7th Floor
Downtown Green Bay
(920) 437-8256

Cost: Health insurance billable or private pay, sliding fee available

Facilitator: Amber Baugnet, LPC and Becky Beall, LMFT

Other: There will be an initial evaluation session with parent(s) and child prior to joining the group. Please call (920) 437-8256 to set up a meeting with Amber Baugnet or Becky Beall.