

Klickitat County Adult Probation



COPING WITH ANGER

Coping with Anger is designed to help clients recognize, overcome, and control anger. The program is targeted to adults who have problems with managing feelings of anger and frustration in an appropriate way. It is used with violent offenders, argumentative or oppositional clients, as a supplemental program with domestic violence perpetrators, with road rage, substance abuse, and drug courts.

Coping with Anger is a cognitive behavioral program which includes psycho-education, conflict resolution, pro-social skill building, and commitment to change. The anger management workbook has eight modules, which can be completed in eight to ten group sessions.

NOTICE: Anyone is welcome to refer or voluntarily enroll in this course with the understanding that this is **NOT** a Washington state-certified DV Batterer's Treatment program.

WHEN:	Every Tuesday @ 3:00 P.M.
WHERE:	In-person (Goldendale) or virtually (if approved)
DURATION:	8 weeks-minimum
COST:	\$77.00
REGISTER:	Klickitat County Adult Probation Phone: 509-773-3776 Email: adultprobation@klickitatcounty.org