

Anger Management Group

Group: Teens

Time: 8 weeks

**Location: Center for Behavioral Health
at Spalding University**

“Anger is a normal human emotion. Uncontrolled anger, however, can lead to aggression. This can cause physiological problems and lead to harmful behavior. Toddlers and young children need to learn how to control their emotions. Otherwise, frequent aggression over time can cause problems in school, at home and with their friends and family.” –About Kids Health

If your teen is struggling with managing their anger, CBH is here to help!



Call us at 502-792-7011 to get more information or check out our
website at <https://behavioralhealth.spalding.edu>