



NUTLEY FAMILY SERVICE BUREAU

# ANGER MANAGEMENT PROGRAM

Develop self-awareness and the tools & skills  
to respond to anger more appropriately



Individual intake for client with group leader to assess needs at client's convenience via an 8-hour program, to fulfill court-mandated Anger Management requirement. Program is open to non court-mandated individuals who want to address anger management issues:

- Develop self-awareness and the tools and skills to respond to anger more appropriately.
- Supportive and safe environment to express selves.

**When:** Tuesdays, 7:00 pm to 8:00 pm, starting March 13<sup>th</sup>.

**Where:** NFSB Main Office, 155 Chestnut Street, Nutley, NJ 07110

Please go to <http://www.nutleyfamily.org/news-events/calendar/> for details.

The program must be completed to achieve the most benefit from it.

**For further info please contact Nutley Family Service Bureau at 973- 667-1884  
to enroll or for questions.**