



Anger Management Class

Urban Balance's anger management classes use a curriculum that teaches participants effective communication, listening techniques, stress management, empathy development, sound judgment, impulse control, anger reduction & regulation techniques, forgiveness skills, etc.

This class is ideal for individuals who have been having problems managing their anger personally, professionally or in traffic or daily living. UB's classes meet the requirements for those who have been court mandated to receive anger management counseling.

Classes run for eight weeks with additional sessions available as needed.

Our model is both cognitive behavioral and psycho-educational in approach.

We discuss and practice a new skill or tool each week and participants are asked to practice these skills as homework assignments.

- Classes are held at UB's Chicago office location.**
- Each class is \$80 or \$600 for 8 classes**
- UB therapist, Aaron Karmin, LCPC facilitates the groups. Contact Aaron at akarmin@urbanbalance.com for more information.**