

# Anger Management Classes

People Incorporated Mental Health Services is pleased to offer court-approved anger management classes. Open to anyone, this strengths-based group course focuses on:

- Understanding Anger
- Positives and Negatives of Anger
- Anger's Effects On the Human Body
- Warning Signs of Anger
- Anger De-Escalation Tools
- Emotional Regulation skills

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SERVICES

## About the Classes

Classes meet for two hours once per week for six weeks, and are facilitated by experienced counselors. A completion certificate is awarded at the conclusion of the final class, and an official letter of course attendance is available when requested.

## Class Cost

The fee for this six-class/12 hour Anger Management course is \$200, and is due one week before the first class begins.

## Location

Classes are held at People Incorporated's administrative headquarters at 2060 Centre Pointe Boulevard in Mendota Heights.

## How Do I Sign Up?

Registration is handled via phone at 952-432-4145. Please leave a message if you are routed to voicemail, and your call will be returned promptly.

People Incorporated, a Minnesota non-profit, is the state's largest provider of community-based mental health services.