

Upcoming Courses

| Class Number | Date | Course Focus |
|---------------------|---------------------------|----------------------------|
| 2011 Classes | | |
| 1 | July 19 - August 23 | Domestic Violence |
| 2 | September 13 - October 18 | High Conflict Relationship |
| 3 | November 1 - December 6 | Domestic Violence |
| 2012 Classes | | |
| 4 | January 10 - February 14 | Domestic Violence |
| 5 | March 6 - April 10 | Domestic Violence |
| 6 | May 1 - June 5 | High Conflict Relationship |
| 7 | July 10 - August 14 | Domestic Violence |

All classes are held on **Tuesdays** from **4 to 6 p.m.** at the **Cecil County Circuit Court**
129 E. Main Street
Elkton, MD 21921

At your initial assessment, you will be enrolled in one of the groups (domestic violence focused or high conflict relationship) based on your need as determined by the Upper Bay Counseling clinician.

www.upperbay.org

F.A.Q.

Who facilitates this program?

All facilitators are employed by Upper Bay Counseling, licensed by the State of Maryland & have experience with anger management programs.

How long does the program last?

Each program runs for 6 weeks in 2-hour sessions.

How much does the program cost?

Each participant must complete an initial assessment and six sessions at \$60 each for a total of \$420.

You may pay \$60 each week (payment must be received at least one day **PRIOR** to each class at Upper Bay Counseling's Rt. 40 office, 1275-B West Pulaski Highway, Elkton, MD 21921; credit card payments over the phone are accepted by calling 410-620-7161).

You may choose to pay for your initial screening & all six sessions at one time for \$360 (a savings of \$60).

What happens if I miss a session?

One missed session is allowed in an emergency. The missed session must be made up on an individual basis at Upper Bay Counseling's Rt. 40 office with the group's facilitator **PRIOR** to the start of the next class. It is your responsibility to make arrangements to make up the session. Two missed sessions will result in your dismissal from the program. You will then be required to repeat the entire six week program at the next available cycle.

If you are more than 15 minutes late you will not be permitted to attend the class and it will count as an absence.

How do I register for this program?

Complete the registration form and mail to:
Kim Ragan, Development Coordinator
1275 B. West Pulaski Hwy., Elkton, MD 21921
or call
410-620-7161 ext. 1201

Anger Management REGISTRATION FORM

Name: _____

Address: _____

Phone: _____

Email: _____

Session Registration

Please indicate class you are enrolling in:

- Class 1 Class 2 Class 3
 Class 4 Class 5 Class 6
 Class 7

Payment Information

- \$360 per person (*payment for initial screening and all six sessions - a savings of \$60*)
 Seven (7) payments of \$60 for screening and each weekly session
 Cash (*must pay in person at 1275B West Pulaski Hwy., Elkton, MD 21921*)
 Payment by Check/Money Order (*Make check payable to UBCSS & mail to Kim Ragan, Office of Development, 1275B West Pulaski Hwy., Elkton, MD 21921*)
 Waiver (*available through Family Support Services by contacting Nolanda Kirby at 410-996-1157. Must be on file at UBCSS by first class.*)
 Visa/Mastercard

Card # _____ Exp. Date _____

Signature: _____

Services

Outpatient Programs & Services

- individual & family assessment
- medication evaluation & management
- case coordination/management
- short-term therapy groups
- school-based therapy
- child therapeutic day programs
- intensive summer programming
- crisis intervention services
- detention-based mental health services
- community awareness & education

Rehabilitation Programs

- child psychiatric rehabilitation
- supported employment programs
- adult psychiatric rehabilitation
- adult residential rehabilitation

Community & Specialized Services

- parenting education & support
- intensive case management
- customized EAP programs
- pre-employment screenings
- employee workshops
- professional growth workshops
- critical incident de-briefing
- anger management workshop

UBCSS, Inc. is dedicated to excellence in providing a broad & expanding range of behavioral health care services.

About UBCSS

We are the largest not-for-profit provider of behavioral and mental health services in Cecil County with an offices in Cecil & Harford Counties.

Our staff includes psychiatrists, psychologists, licensed social workers, licensed professional counselors, and clinical nurses.

We serve over 5,000 individuals annually with behavioral/mental health concerns and provide 12,500 individuals with community education services.

We accept medical assistance, Medicare, most commercial insurances, and private pay clients.

We are a 501(c)(3) non-profit organization donations to which are tax deductible to the fullest extent of the law.

Upper Bay Counseling & Support Services, Inc. is fully licensed by COMAR and the State of Maryland as a mental health provider.

Convenient Locations in Cecil & Harford Counties, Maryland

200 Booth Street
Elkton, MD 21921
410-996-5104
877-587-7750

626 Revolution Street
Havre de Grace, MD 21078
410-939-8744
866-939-8744

1275-B W. Pulaski Hwy.
Elkton, MD 21921
410-620-7161
800-467-0304



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www.upperbay.org

Anger Management for Individuals & Families in the Court System



Upper Bay Counseling & Support Services, Inc.