

## What is Anger Management?

This Anger Management Program will not only show you *where* your anger comes from, but also how to *control* it. Anger management is an educational process. With the right tools, people can learn to manage their anger in any situation.

It is this process of managing one's anger that is the primary goal of teaching people to effectively deal with their anger. The goal is not to eliminate anger. Anger is a natural and healthy emotion. After you acknowledge that you are angry, you will learn how to reduce the emotional and physiological arousal that anger causes and learn to control its effects on people and the environment.

This class is designed to help participants acquire the skills needed to better manage anger using a variety of anger management techniques, workbook exercises, and physical techniques, which will be combined with classroom discussions that will help give the student a better control and understanding of their anger response.

Through this program you will:

- Learn to manage anger effectively
- Stop violence or the threat of violence
- Develop self-control over thoughts and actions
- Learn the simple ABCD's of Anger Management
- Receive support from others

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 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.

For treatment services, we accept most commercial insurances, medical assistance, Medicare, 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**

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

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



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[www.upperbay.org](http://www.upperbay.org)

# Anger Management for Individuals & Families in the Court System



## Upper Bay Counseling & Support Services, Inc.

# Upcoming Courses

Class Number	Date	Course Focus
<b>2013 Classes</b>		
1	September 24 – October 29	Domestic Violence
2	*November 26 – December 17	High Conflict Relationship
<b>2014 Classes</b>		
3	January 28 – March 4	Domestic Violence
4	April 1 – May 6	Domestic Violence
5	June 3 – July 8	High Conflict Relationship
6	August 5 – September 9	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

After 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.

\*Holiday Schedule of 4 x 3 hour classes

# 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 course will consist of 2-hour sessions over a 6 week period.

## 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 choose to pay for your initial screening & all six sessions at one time for \$360 (*a savings of \$60*) or 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 W. Pulaski Highway, Elkton, MD 21921)

Credit card payments can be made by phone. Please call 410-996-3401 x 1201

## 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:

**Upper Bay Counseling & Support Services, Inc.**  
Development Office  
1275-B W. Pulaski Hwy.  
Elkton, MD 21921  
or call  
410-996-3401 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

## 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 1275-B W. Pulaski Hwy., Elkton, MD 21921*)
- Payment by Check/Money Order** (*Make check payable to UBCSS & mail to Office of Development, 1275-B W. Pulaski Hwy., Elkton, MD 21921*)
- Waiver** (*possibly available through Family Support Services. To determine if you qualify, please contact Nolanda Kirby at 410-996-1157. Must be on file at UBCSS a minimum of one week before first class.*)

**Visa/Mastercard**

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

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