

Upcoming Courses

Fall 2018 Classes	
1	October 17th- November 21st
2019 Classes	
2	January 9th - February 13th
3	March 6th - April 10th
4	May 1st - June 5th
5	July 10th - August 14th
6	September 4th - October 9th

All classes are held on **Wednesdays** from **4:00 p.m. — 6:00 p.m.** at the **Cecil County Circuit Court** 129 E. Main Street Elkton, MD 21921

After your initial assessment, determination will be made by the UBCSS clinical assessor about whether this program will meet your needs, and if you would work well and participate in a small group

upperbay.org

F.A.Q.

Who facilitates this program?

All facilitators are employed by Upper Bay Counseling, licensed by the State of Maryland, and 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 (\$60) 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 make 7 payments of \$60 each for screening and each weekly session (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 410-620-7161 x1243.

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 & drop off or mail to: Upper Bay Counseling & Support Services, Inc. 1275-B W. Pulaski Hwy. Elkton, MD 21921 or call 410-620-7161 x1243

Anger Management REGISTRATION FORM

Name: _____

Address: _____

Phone (1): _____

Phone (2): _____

Email: _____

Session Registration

Please indicate class you want to enroll in:

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

Payment Information

- \$360 per person (*entire payment made at or before the initial scheduled screening- 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 Money Order** (*Make money order payable to UBCSS & mail to Office of Development, 1275-B W. Pulaski Hwy., Elkton, MD 21921*)
- Waiver** (*possibly available through Family Support Services by contacting Nolanda Kirby at 410-996-1157. Must be on file at UBCSS a minimum of one week before first class.*)

What is Anger Management?

UBCSS is proud to offer the nationally recognized and very successful SAMSHA 12-hour Anger Management Program. The SAMSHA curriculum and small group facilitation by a member of our clinical staff 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.

We are a 501(c)(3) non-profit organization. Donations to UBCSS 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

251 S. Bohemia Ave.
Cecilton, MD 21913
443-406-3427
410-275-4375

Anger Management for Individuals & Families in the Court System



Upper Bay Counseling & Support Services, Inc.

Helping Individuals ~ Strengthening Families ~ Uniting Communities

upperbay.org

