

Upcoming Courses

For upcoming courses please call
410-996-3400, Extension 1243 or
Extension 1231

All classes are held on
Wednesdays from
4:00 p.m. — 6:00 p.m.

ALL CLASSES WILL BE CONDUCTED VIA TELEHEALTH

All classes will be conducted via telehealth
services (zoom application) by using your
phone, tablet, iPad, or computer with a
working camera. Wi-Fi/data required.

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 educational setting.

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 six
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 seven payments of \$60 each for
screening and each weekly session.

Payment must be received at least one day PRIOR to
each class.

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 registration form and drop off or mail to:

Office Of Development
Upper Bay Counseling & Support Services, Inc.
200 Booth St.
Elkton, MD 21921
Or call 410-620-7161 x1243

Anger Management REGISTRATION FORM

Name: _____

Address: _____

Phone (1): _____

Phone (2): _____

Email: _____

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 200 Booth St. Elkton, MD
21921*)

Payment by Money Order (*Make money order
payable to UBCSS & mail to Office of Development,
71 Flint Dr. North East, MD 21901*)

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.***)

Visa/Mastercard

Card # _____

Exp. Date _____

Signature: _____

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

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

Children's Services
71 Flint Drive
North East, MD 21901
410-620-7168



Anger Management for Individuals & Families in the Court System



Upper Bay Counseling & Support Services, Inc.

Helping Individuals ~ Strengthening Families ~ Uniting Communities

upperbay.org