Learn to manage anger effectively.
Stop violence or the threat of violence.
Develop self-control over thoughts and actions.
Receive support from others.

1 hour a week for 6 weeks.

Sign up for our Anger Management Group

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Please let us know if you are interested in person, by calling (607)722-2393 or e-mailing Jason at Jason.davis3@va.gov.

START DATE TO BE DETERMINED ONCE WE GET ENOUGH INTEREST.