



Anger Management Therapy Group

Participate from home!

Facilitated by Mark Raspberry, LCPC

Sessions start Tuesday, May 19.

Who: Teens & young adults (16-21) with strong emotions.

When: Tuesdays, 5-6 p.m.

Where: Secure Video Conferencing
You will receive a link to participate after registering.

Learn skills to control and reduce your anger

Has your anger become a problem? Do you have a mental health condition like intermittent explosive disorder, oppositional defiant disorder, bipolar disorder, ADHD, or depression?

Join us for a **14-week online anger management therapy group** designed for individual ages 16 – 21. You will work directly with a licensed clinician and connect with others who experience similar emotions.

Inquire about other groups we are offering: Living with Uncertainty; Coping with Anxiety & COVID-19; Coping Skills; and Parenting Strategies and Stress Management during COVID-19.

Contact us at 301-663-8263 ext. 224 to learn more and register.

Participants with Maryland Medicaid are welcome.



Sheppard Pratt