

ANGER MANAGEMENT CLASSES

CLASSES FOR COURT REFERRALS, BUSINESS, FAMILY, COUPLES OR VOLUNTEER CLIENTS

The AJ Novick Group offers Anger Management Classes using our approved curriculum, "Anger Management for the Twenty-first Century." Our classes will teach participants effective communication and listening techniques, skills in stress management, empathy development, judgment and impulse control, anger reduction techniques skills in self-talk and forgiveness, and much more.



Skills covered in the classes include:

- Communication and Listening
- Stress Management
- Empathy and Emotional Intelligence
- How to have better judgment and impulse control
- Forgiveness
- Learn to Respond instead of React
- Learning to retreat and think things over
- Expectation management
- Improve self-talk and optimistic thinking

ANGER MANAGEMENT CLASS SCHEDULE

Laguna Beach • January 1st - December 31st New Dates and Days!

We recommend a minimum of 10 sessions for voluntary, HR, couples, and business referrals. We offer 10, 12, 22, 26 and 52 week classes in anger management and parenting for court or probation ordered or mandated clients AND self-referrals. All participants will receive unlimited progress reports and a "Certificate of Completion." All classes are open ended and participants can begin at any time! Classes are held at 333 3rd Street, Suite 4, Laguna Beach, CA 92651. Phone us at (949) 715-2694.

Adolescent Group

Thursdays 5:00pm-6:00pm

Adult Group

Tuesdays and Thursdays 6:00pm-7:00pm

Accelerated Adult Anger Management Workshop

Classes meet on the 3rd Saturday of each month from 1:00 pm - 5:00 pm.

Individuals: Call for Appointment

Couples & Families: Call for Appointment

Executive Coaching: Call for Appointment

Our classes are designed for people who need to learn how to control their anger in a more productive and effective way. Our anger management classes are ideal for self-referrals, corporate clients, business professionals; court referred clients, individuals, physicians and nurses, adolescents, couples and families as well as those interested in improving relationships with others. Our classes are based on the Century Anger Management model of intervention which is a cognitive-behavioral and psycho-educationally based model using eight key tools for anger control.

The cost of weekly classes is as follows: Each class is \$35.00. Enrollment fee is \$50.00. Comprehensive client workbook is \$30.00. Classes are open ended, so you can start anytime!

We also offer a 4-hour accelerated Saturday class for \$175.00 (see schedule at left). We accept cash, business checks, or pay by credit card Online.

For more information, please contact Ari Novick, Ph.D.



AJ NOVICK GROUP, INC.

PSYCHOTHERAPY, ANGER MANAGEMENT, PARENTING,
EXECUTIVE COACHING, ONLINE EDUCATION CLASSES

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