

Take Control Of Your Emotions: Handle Anger And Frustration Better, Now!

Join this unique, skills based group intervention for kids and teens, 4th grade through high school!

Research Based Strategies

to accept and manage feelings, especially frustration and anger

- Develop personal reasons to stay in control
- Understand your strong emotions more fully
- Practice mindfulness to stay calm and centered and to evaluate your feelings
- Learn about automatic thoughts and beliefs that keep you angry
- Develop a grab bag of techniques to help tolerate and manage intense feelings
- Cultivate resilience and compassion!
- Learn to problem solve and communicate instead of blowing up!

Details: 4 and 8 week versions

Groups meet once per week for 75 minutes

Group leader: Dr. Karen Cohen. Dr. Cohen, a psychologist in private practice in Princeton Junction, works children, adolescents and their families on issues of impulse control, emotional balance and relationship building. To learn more about her, visit her website: www.drkarenscohen.com.

For current group offerings or to learn more:

call 609-799-9139 or

email kcohenpsyd@gmail.com

Groups will meet in Princeton Junction

