

LIFESTYLES RECOVERY CENTER, INC.
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**ANGER MANAGEMENT/VIOLENCE PREVENTION
CURRICULUM**

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Anger Management and Violence Prevention educates and empowers students to deal effectively with their anger, to use anger management and problem-solving skills, and to discover the coping skills they need to survive and remain healthy in situations of family violence.

The Class consists of 10 group sessions. Outlined as follows:

- Session 1: Violence Prevention
- Session 2: Six Different Styles of Expressing Anger
- Session 3: Skills to Problem-Solve Anger Situations
- Session 4: Anger Management Steps
- Session 5: Family Violence
- Session 6: The Effects of Violence on Families: Family Sculptures
- Session 7: Coping Strategies
- Session 8: Setting Personal Goals
- Session 9: Developing a Support System
- Session 10: Graduation and Awards

Most sessions will include role-playing and brief outside assignments