



Anger Management Program

Led by Licensed Therapist, John Brookman—who is certified in Anger Management—Samaritan’s Anger Management Program provides counseling for overcoming unhealthy anger. Consisting of 12 sessions in a group setting, the program offers a supportive environment where participants gain critical tools for managing anger in healthy ways, as well as opportunities to encourage and share among peers.

How to Tell when Help Is Needed to Manage Anger

Those who need help...

- Frequently engage in volatile arguments
- Strike their spouse, partner and/or children
- Threaten and/or intimidate family, colleagues, etc.
- “Hold in” their anger, then explode at a later time
- “Hold on” to their anger for long periods of time
- Engage in self-defeating behaviors (absence from work/school; withdrawal from family, friends and/or social situations)
- Throw or break objects
- Drive recklessly
- Have run-ins with law enforcement

Schedule: Group Meets on Mondays

Program is offered on a rolling basis; you may begin with any session.

Where: Samaritan Counseling Center
OSBORNE PLAZA OFFICE
1106 Ohio R. Blvd., Ste. 602
Sewickley, PA 15143

Time: 6-7:30 PM

How to Register: CALL 412-741-7430

Most insurances accepted. Please call for more details and program requirements or email info@samaritancounseling.net



SAMARITAN
COUNSELING CENTER

414 Grant St., Sewickley, PA 15143
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