

Hybrid (In person Anchorage and Zoom)
Tuesdays 11:30-1pm

Telehealth Only (Zoom)
Thursdays 4-5:30pm



The Steven A. Cohen
Military Family Clinic
at Alaska Behavioral Health

Anger Management for adolescents

Learn to manage anger
and frustration
through relaxation and
exercise.

Identify and
manage anger
triggers.

Build and practice
skills in problem
solving and
communication.

Begins July 8th
Lasts 4 weeks!

Ages
12-17



To register :
Call 907-762-8668

email: Bsalvatore@akbh.org

SCAN ME



This is not a court mandated course