



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

# Anger Management Group



**Telehealth**  
**Thursdays 11:30-1300**  
**June 10th - July 1st**

**Register Today!**

📞 907-762-8668

📍 1450 Muldoon Rd. Anchorage

🌐 [bsalvatore@akbh.org](mailto:bsalvatore@akbh.org)

Relaxation and  
Exercise

Cognitive  
Restructuring

Problem  
Solving

Communication  
and clarification

Managing  
triggers

Humor

**This is not a court mandated course**

**Referral required for Active Duty and VA**