

## What's Behind Anger?



A brief list of some common issues associated with anger:

- **Hurt feelings**
- **Not being heard**
- **Embarrassment**
- **Frustration**
- **Guilt**
- **Belittlement**
- **Lack of fairness**
- **Problems with others**
- **Stress**
- **No time for yourself**
- **Debts and practical problems**

The Anger Management Program provides participants with the tools necessary to alter their behaviors in order to prevent future anger-related offenses.



EAC Network is a not-for-profit human service agency with 70 programs throughout Long Island and New York City and has been providing human service programs in the fields of aging, youth, families, education, and criminal justice since 1969. Last year EAC Network helped over 71,000 people.

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Anger Management Program



Helping people control anger and its resulting negative behaviors.



**Anger Management Program**  
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# HOW THE ANGER MANAGEMENT PROGRAM CAN HELP YOU

## What is the Anger Management Program?

The Anger Management Program is a one-day six-hour course designed for clients charged with conflict-related offenses. During the class offenders examine the behavioral and motivating factors that contributed to their referral, learn about the legal consequences of continued aggressive behavior, and analyze the cost of their crimes to the community and their families.

## Is there a fee for participation?

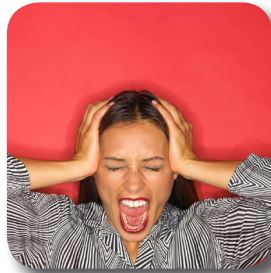
Yes. There is an intake fee. A sliding scale for the indigent is available to those who qualify. Please contact our program office for assistance.



*While anger is a strong emotional signal to us that some pressing problem must be addressed, it is also the driving force behind arguments and aggressive behavior. Reducing ineffective handling of anger is the major objective of EAC Network's Anger Management Program.*

## Who are the Anger Management members?

Misdemeanor offenders, lower case felony offenders or, individuals needing assistance on properly managing their anger who are referred by the Court, agencies, District Attorneys, employers, or self referrals.



## Who conducts the Anger Management classes?

Course work is presented by an experienced facilitator. Facilitators will introduce participants to several appropriate behavior self-management techniques including problem solving, social skills training, and behavior reversal.

## Do participants receive any long-term help?

Yes. In addition to the group exercises, a screener will assess each participant and determine their level of anger and associated behavioral disorders requiring more intensive professional evaluation and intervention. An additional referral to a mental health or community agency will be made on behalf of participants where indicated.

## What are some of the tasks covered in the class?

1. Examine the incident that brought you to the program.
2. Examine the impact of assault on the victim.
3. Identify the angry behavior that contributed to the assault.
4. Identify and practice more effective ways to deal with anger.



**For more information call:  
(516) 489-7929  
or**

**1-800-244-STOP**