

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

Extended Anger Management Program



EAC Network is a not-for-profit human service agency with 70 programs throughout Long Island and the New York metro area 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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Extended Anger Management Program



Helping people control anger and it's resulting negative behaviors.

**Extended Anger Management Program**

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# HOW THE EXTENDED ANGER MANAGEMENT PROGRAM CAN HELP YOU

## What is the Extended Anger Management Program?

The Extended Anger Management Program is a 12-week course designed for clients charged with conflict-related offenses. During the class offenders examine the behavior and the motivating factors which 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.

## Intake Process

Clients will be instructed to call and set-up an intake appointment with our office within 24 to 72 hours after being referred.

## Is there a fee for participation?

Yes. There is an intake fee, which includes the materials used over each course. A sliding scale for the indigent is available to those that 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 the incidence of ineffective handling of anger is the major objective of EAC Network's Extended Anger Management Program.*

## Who are the Extended Anger Management members?

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

## Who conducts the Extended 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.

## Time and Length

Each session in the 12-week course is held for 1.5 hours in the evenings, at a location pre-determined by the Program.

## Do participants receive any long-term assistance?

Yes. Additional referrals to a mental health or community agency will be made on behalf of participants where indicated.

EAC Network has been administering the Anger Management Program since 1998.

## 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.

## What does it take to complete Extended Anger Management?

Class participants must attend all sessions, participate in class exercises, complete homework assignments, and meet all fee requirements to complete this program.



**For more information call:**

**(516) 489-7929**

or

**1-800-244-STOP**