

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 & practical problems**

About Us

EAC Network is a nonprofit human service agency with over 100 programs throughout Long Island, New York City, and Rockland County. Since 1969, we have been providing New Yorkers with programs in the fields of Children & Youth, Family & Community, Behavioral Health & Criminal Justice, and Vocational Training.

Neela Mukherjee Lockel
President and CEO

Tania Peterson Chandler
Chief Operating Officer

Rachel Lugo
Division Director

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Program Supervisor



Outcome

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

www.eac-network.org
516-489-7929
1-800-244-STOP

Anger Management Program
175 Fulton Avenue, 4th Floor
Hempstead, NY 11550
516-489-7929 ext. 251 or
1-800-244-STOP

Administrative Office
99 Quinten Roosevelt Blvd.
Suite 200
Garden City, NY 11530
516-539-0150
www.eac-network.org

Anger Management Program

Helping people control anger
and its resulting negative
behaviors.

Contact
SLAM@eac-network.org
516-489-7929 ext. 251
1-800-244-STOP
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Who conducts the Program?

A trained and experienced facilitator presents the course work and introduces participants to several appropriate behavior self-management techniques including problem solving, social skills training and behavior reversal.

What is the Anger Management Program?

The Anger Management Program is a one-day virtual course where participants are motivated and empowered to prevent aggressive behavior through intervention and education.

Is there a fee?

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

Our Approach

While anger is a strong emotion, signaling that a pressing problem must be addressed, it is also the driving force behind arguments & aggressive behavior.

Reducing the ineffective handling of anger is the major objective of EAC Network's Anger Management Program.

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Do participants receive any long-term help?

Yes. A screener will assess each participant and determine if they require 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.

