



Anger Transformation Build Self-Worth Workshops for Men

WHEN: Every Monday, February 28, March 7, 14, 21, 28, April 4, 11, 18, 25 and May 2, 2022

TIME: 3:00pm - 4:30pm

HEALTH NET COMMUNITY RESOURCE CENTER

Located in the Greater Sacramento Urban League

**3725 Marysville Blvd. Suite 160 Sacramento, CA 95838
(916) 309-2099**

CURRICULUM TOPICS

- Week 1: Introductions/Learn Who We Are (completion of questionnaire)
- Week 2: Myths of Anger
- Week 3: Anger vs. Transformation Part I
- Week 4: Anger vs. Transformation Part II
- Week 5: Psychological and Biological Changes
- Week 6: Conscious and Unconscious Process
- Week 7: Developing and Setting Treatment Goals
- Week 8: Individual sessions with students/Review Questionnaire
- Week 9: Data Collection
- Week 10: Reflections and Celebration

This is a Support Group, brought to you by KNOW

