



Groups and individual sessions are available.

Community Counseling Services

425 N. Topeka St.
Wichita, Kansas



Providing help. Creating hope.

www.catholiccharitieswichita.org

Community Counseling Services, a program of Catholic Charities, presents...

BREAK THROUGH YOUR ANGER

With an 8-week group for adults, focused on learning about anger, its effects and consequences, what is behind anger, and strategies for more effective anger management.

Topics of the group will include:

- Recognizing anger
- Communication and Assertiveness
- Feelings
- Parenting
- Distorted Thinking
- Anger styles
- Relationships
- Boundaries
- Forgiveness
- Stress management

Fee Information

Based on income, fees may be adjusted and some insurances are accepted. An initial individual assessment is necessary.

For more information or to schedule an assessment, please call:

(316)263-6941

*Office hours are Monday through Thursday,
9 a.m. - 8 p.m., Friday, 9 a.m. - 5 p.m.
Saturday, 10 a.m. - 4 p.m.*