



## Anger Management Classes

Individualized and Small Group Classes Available

### Class Address

The Henry & Rilla White Youth Foundation, Inc.  
2833 Remington Green Circle  
Tallahassee, FL 32308

### Class Registration

Please provide your name, contact information, and date/day/time of preferred class. Actual date/day/time will be posted on the website.

850-922-8375

Ex 23 – Linda Durrance, ldurrance@hrwhite.org

EX 30 – Robert Durrance, rdurrance@hrwhite.org

### Website

[www.hrwhite.org](http://www.hrwhite.org)

Class Schedules and Registration Information will be posted on here.

### Convenient Bus Route

Red Hills Route stops in front of Remington Green  
(Where Classes Are Held)

[www.tal.gov.com/starmetro/starmetro-routes.aspx](http://www.tal.gov.com/starmetro/starmetro-routes.aspx)



THE HENRY & RILLA WHITE YOUTH  
FOUNDATION, INCORPORATED



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## Participant Requirements

Participants must pre-register and pay for classes prior to beginning the first class. Participants must attend 5 sessions to receive a certificate of completion. Participants may pay \$50.00 by cash or money order. Checks will not be accepted. Participants may pay \$52.50 by credit card on site prior to the beginning of the first class. (An additional fee of \$2.50 is charged for the use of a card).

## How Classes Are Structured

Classes are face to face in a small group. Classes will be at least one hour each week. Participants will not attend more than one session each week. Classes will be offered during the early afternoon and evening at the following days and times beginning in January 2014:

Monday	1:00-2:00 PM	2:15-3:15 PM	3:30-4:30 PM
Tuesday	5:45-6:45 PM	7:00-8:00 PM	
Wednesday	5:45-6:45 PM	7:00-8:00 PM	
Thursday	1:00-2:00 PM	2:15-3:15 PM	3:30-4:30 PM

Objectives will be met through a range of educational strategies. Strategies will include a pre-assessment followed by a discussion on what is anger and when is it a problem, pay offs and consequences, and myths regarding anger. We will identify the 12 different types of anger, use the anger meter and identify events that trigger anger and how to recognize them. We will look at anger control plans and the aggression cycle. Last but not least we will develop a personal plan for anger management. Other strategies will include discussions, lecture, journaling, class interaction, role play and homework. Special guest speakers will be incorporated into the curriculum when possible. Each participant will be provided with a work book aligned to the SAMHSA (Substance Abuse and Mental Health Services Administration Anger Management Participant Workbook) curriculum for each weekly session.

Participants will be expected to attend and participate in all five sessions. Make up arrangements may be made in the case of one unavoidable emergency after discussion with the probation officer and the class instructor. Participants that miss more than 2 classes will not complete the requirements of the class and will not receive a certificate of completion. In addition the probation officer will be notified. Classes will be at least one hour each week. Participants may not attend more than one session each week.

## Course Objectives

The primary objective of classes is to assist the Board of County Commissioners to achieve a long-range goal of decreasing crime and criminal justice involvement.

Educational Objectives:

1. Increase a defendant's knowledge and use of anger management skills
2. Ensure that curriculum provides opportunity for discussion, class interaction, homework, practical application, and practice.
3. Refer defendants to ancillary agencies on an as needed basis

## Behavior Modification

The expectation is that the defendant will modify his or her behavior when angry. This will be documented through a change in results in the pre-assessment and post assessment. Defendants will understand when anger is a problem, be able to identify types of anger, demonstrate the ability to manage anger, role play conflict resolution, and develop a personal anger management plan.

## Mission

To ensure that individuals and families receive the help they need to have more meaningful, productive lives. The primary focus is helping individuals and families build their lives based on knowledge of their own worthiness, strength and dignity.

## Vision

We will:

- Be part of the effort to create excellence through the most productive interface between the public and private service offerings.
- Become increasingly adept at teamwork to identify goals, solve problems and achieve excellence.
- Continuously upgrade services that recognize no upper limit in programming quality.
- Remain committed to community-based programming as the key to successful service delivery based on the mutually supportive relationship between the community and the program.

## Values

We believe:

- In helping individuals and families acquire skills and other supports needed for successful community living.
- In treating individuals and families in a manner that confirms their dignity and self respect.
- That collaboration and compassionate dialogue are the best ways to support individuals and families in their efforts to achieve their goals.
- That all people should be provided with a continuum of care based on individual needs.
- The quality of the environment is maintained and improved through a continuous sensitivity to local concerns regarding physical, social and moral issues.

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