

## ***eagan counseling clinic***

### **Urgent Care:**

For clients who have urgent need for assessment and care:

- an initial assessment can be arranged within 24 hours excluding weekends and holidays,
- a diagnostic assessment within 48 hours.
- immediate admission to Adult or Adolescent Short-term Assessment and Treatment Program, or
- referral to a less urgent option as soon as possible.

### **Therapy Services:**

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

### **Day Treatment Services:**

- Short-Term Assessment and Treatment Programs for Adolescents and Adults
- DaTRAC Adult Day Treatment

### **Home-Based Family Therapy:**

- Offered in Dakota and Ramsey County.
- Payment arranged by County or insurance authorizations.

### **Horizons Community Support Program:**

- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

### **Eagan Clinic**

Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E Right on O'Leary Lane
- At the end of the block on left.

Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



### **Woodbury Clinic**

Directions from I-94

- Exit Radio Drive South
- Right on Seasons Pkwy
- Radio Drive Professional Bldg on left
- Come to second floor, Suite 210

Directions from 494

- Exit Tamarack Rd east.
- Right on Seasons Pkwy
- Radio Drive Professional Bldg on right
- Come to second floor, Suite 210



*eagan counseling clinic*

3450 O'Leary Lane  
Eagan, MN 55123

*eagan counseling woodbury clinic*

Radio Drive Professional Building  
1000 Radio Drive, Suite 210  
Woodbury, MN 55125

Phone: 651-454-0114

Fax: 651-454-3492

Web site: [www.eagancounseling.com](http://www.eagancounseling.com)

TTY Relay: 1-800-627-3529

# **Adolescent Anger Management Group**



**eagan  
counseling  
clinic**

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## ADOLESCENT ANGER MANAGEMENT GROUP

*"Anger is a momentary madness, so control your passion or it will control you." –Horace*

*If the only tool you have is a hammer, you tend to treat everything as if it were a nail." -Anon*

Does your anger interfere with your:

- Relationships?
- Health?
- Employment?
- Legal Status?

If the answer is yes, the Anger Management Group can help you achieve your goals for change and self-improvement.

The Adolescent Anger Management Group is a group-based program designed to provide help to young men 12-18, who have a history of difficulty in managing anger. The group meets once a week on Wednesday from 4-5:30pm.

The program provides a supportive and non-judgmental environment; and teaches the "ABC's" in managing three areas where people with anger problems have difficulty:

- **Arousal**- Group members are trained to recognize high arousal states and to develop relaxation skills.
- **Behavior**- Group members are taught to recognize aggressive behavior and to substitute assertive forms of expression.
- **Cognitive**- Group members are instructed to recognize and change thoughts that elicit anger.

Group members are taught to recognize situations or events that trigger anger and to utilize more effective approaches to managing anger. Staff employ a variety of anger management approaches that include assessment, self-monitoring, group therapy, psycho-education, role play and relaxation techniques.

The group therapist is Mark Daniewicz, Psy D, Licensed Psychologist, University of St. Thomas. His practice includes individual, couples, family, and group therapy. He specializes in depression, anxiety, OCD, behavioral disorders, problems relating to medical conditions and cognitive impairment, anger management, stress management, and Attention Deficit Hyperactivity Disorder.

Groups meet once a week. Group size is limited to eight.

Health insurance plans may provide coverage for group therapy. Clients without insurance coverage may apply for a sliding fee based on income.

To Schedule an Appointment Call  
**651-454-0114**

