



**For Emergencies
call:
201-262-HELP
(4357)
Or
Call 911**



Service Locations

West Bergen Mental Healthcare
120 Chestnut Street
Ridgewood, NJ 07450 

**West Bergen
Center for Children and Youth**
One Cherry Lane
Ramsey, NJ 07446 

West Bergen Counseling Group
860 Wyckoff Avenue
2nd Floor
Mahwah, NJ 07430 

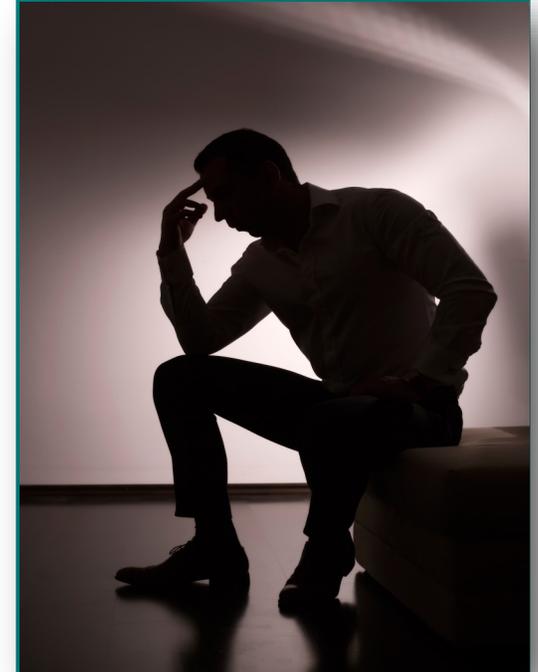
Online@ www.westbergen.org



For additional information or to schedule
an appointment please
contact our **ACCESS CENTER**
at 201-485-7172

Voted #1 in Nationwide
Customer Satisfaction by
Mental Health Corporations
of America (MHCA)

Anger Management Program



Who We Are...

West Bergen was founded in 1963 as a Child Guidance Clinic. As the needs of the community grew, so did West Bergen. To better serve the residents of the surrounding area, West Bergen expanded into a full-range community mental health center serving over 3,000 people each year.

We offer a wide variety of quality programs and services tailored to the special needs of children, families, adults and seniors. Our goal is to provide research-based treatment that will help to improve the overall quality of your life and help you feel better. West Bergen is committed to meeting the psychological needs of our clients with sensitivity and responsive, innovative services at the highest possible standard. We strive to improve the quality of life in the communities we serve...**one life at a time.**

Anger Management Program...

West Bergen provides a comprehensive group treatment program designed to meet the needs of adults experiencing difficulty in managing their anger.

While anger is a normal human response to stress, frustration, pain and fear, it can create a lot of problems for people who lack the tools to manage it properly. The behavior of a person who is unable to effectively cope with his or her anger can result in a cycle of difficulties which include a failure to maintain personal relationships, problems at work, self-medication, and legal matters related to unrestrained aggression.

The Anger Management Program at West Bergen helps clients to learn the following anger management skill set:



- Identifying the ways in which their anger has cost them
- Identifying situations (triggers) which lead to their anger
- Identifying mental distortions which intensify their anger

- Proven methods for appropriately expressing anger
- Techniques for dealing with criticism and enhancing self esteem

The Anger Management Program at West Bergen offers a full spectrum of psychotherapy treatments which include:

- Comprehensive Consultation with Masters Level counselors
- Individual, Family, Marital and Substance Abuse Counseling
- Medication Evaluation and Management.