

Family Options Counseling, LLC
ART Program
Aggression Replacement Training
Group Schedule

The Aggression Replacement Training program is divided into two sections and both sections must be attended in order to get the full benefit of the group program. Each group session is 90 minutes long. **If a youth needs to miss a group session for any reason, please give us 24 hours notice.** We would like to work with you to support our group participants in reaching treatment goals. We will try to follow up with any client who has missed a group session in order to cover the missed curriculum. If a group member misses more than 3 sessions, they will be at risk of dismissal from the group.

The following is a list of session times and dates for the group beginning on **February 18th 2025**. It is important that the youth arrive on time for these sessions.

Groups will take place on: **Tuesdays from 6:00 - 7:30 PM.**
Groups will take place at: In person at Family Options Counseling
3505 N. 124th St. Brookfield WI, 53005

Section I: Empowerment

Session 1 – February 18th
Session 2 – February 25th
Session 3 – March 4th
Session 4 – March 11th
Session 5 – March 18th
Session 6 – March 25th
Session 7 – April 1st
Session 8 – April 8th

Section II: Anger Control Chain

Session 9 – April 29th
Session 10 – May 6th
Session 11 – May 13th
Session 12 – May 20th
Session 13 – May 27th
Session 14 – June 3rd
Session 15 – June 10th
Session 16 – June 17th

Please direct questions to Alycia Marín or Dr. Kimberly Young at Family Options Counseling.
414-431-4444 or amarin@familyoptions.com or kyoung@familyoptions.com

Family Options Counseling, LLC

ART Program

Aggression Replacement Training

Aggression Replacement Training for ages 14-19:

Aggression Replacement Training is an anger management program. In Aggression Replacement Training, youth will enhance skills related to developing appropriate, healthy responses to anger.

Skills include:

- critical thinking
- conflict resolution
- effective communication
- coping with stress
- identifying and appropriately expressing feelings

Youth completing the Aggression Replacement Training program will have developed an anger management plan that will identify triggers for inappropriate responses, risk factors that one is about to lose control, and healthy choices for responding appropriately to increased level of emotion or problematic situations.

Aggression Replacement Training is a 16 week experienced based therapeutic program for adolescents that have displayed difficulty in managing their behavior. This program is specifically designed to treat youth between the ages of 14-19 years of age. The frequency of individual or family sessions is determined by the individual needs of the family.