

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 **November 4th 2025**. It is important that the youth arrive on time for these sessions.

Groups will take place on: **Tuesdays from 6:30 - 8:00 PM.**

Groups will take place at: In person at Family Options Counseling
3505 N. 124th St. Brookfield WI, 53005

Section I: Anger Control Chain

Session 1 – November 4th

Session 2 – November 11th

Session 3 – November 18th

Session 4 – November 25th

Session 5 – December 2nd

Session 6 – December 9th

Session 7 – December 16th

December 23rd CANCELED

Session 8 – December 30th

Section II: Empowerment

January 6th CANCELED

Session 9 – January 13th

Session 10 – January 20th

Session 11 – January 27th

Session 12 – February 3rd

Session 13 – February 10th

Session 14 – February 17th

Session 15 – February 24th

Session 16 – March 3rd

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

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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.