

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 **January 26th 2026**. It is important that the youth arrive on time for these sessions.

Groups will take place on: **Mondays 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 – January 26th
Session 2 – February 2nd
Session 3 – February 9th
Session 4 – February 16th
Session 5 – February 23rd
Session 6 – March 2nd
Session 7 – March 9th
Session 8 – March 16th

Section II: Empowerment

Session 9 – March 23rd
Session 10 – March 30th
Session 11 – April 6th
Session 12 – April 13th
Session 13 – April 20th
Session 14 – April 27th
Session 15 – May 4th
Session 16 – May 11th

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.