

***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](mailto:amarin@familyoptions.com) or [kyoung@familyoptions.com](mailto: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.