

Family Options Counseling, LLC
ART Program
Aggression Replacement Training - PLUS
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 60 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 **March 4th, 2026**. It is important that the youth arrive on time for these sessions.

Groups will take place on: **Wednesdays from 4:00 - 5:00 PM.**
Groups will take place at: In person at Family Options Counseling
3505 N. 124th St. Brookfield WI, 53005

**Section I: Aggression Replacement
Training**

Session 1 – March 4th
Session 2 – March 11th
Session 3 – March 18th
Session 4 – March 25th
Session 5 – April 1st
Session 6 – April 8th
Session 7 – April 15th
Session 8 – April 22nd

**Section II: Social Skills and
Boundaries**

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

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ART Program

Aggression Replacement Training - PLUS

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. This course will include defining anger, triggers of anger, thinking errors, confidence and how it relates to boundaries, the role of coping skills and mindfulness exercises. This group is an adapted treatment program specifically designed for youth who are unable to adequately obtain skills and understanding from a more cognitive approach to treatment. This program approaches treatment from a more concrete and experiential basis.

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.