

# Anger Management

Age Requirements

No Age Requirement

Family

No

Intake Contact Email

mary@wcmhc.com

Intake Process

Please call for more information.

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

Self Refer

Yes

Winchester Community Mental Health Center, Inc.

<http://www.winchestercmhc.com/content/anger-management>

Main

(540) 535-1112

36 Rickett's Drive

22601 VA

United States

Monday: 9:00 am-7:00 pm

Tuesday: 9:00 am-7:00 pm

Wednesday: 9:00 am-7:00 pm

Thursday: 9:00 am-7:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

Languages Spoken

English

,

Spanish

Winchester Community Mental Health Center offers anger management services. There are many proven techniques and tools available to reduce and control anger. Self awareness and stress reduction in respect to certain situations is a popular method of anger management treatment.

Therapeutic approaches usually include frustration tolerance training, as well as mediation and relaxation techniques.

WCMHC has professionals who will help a client deal with anxiety, guilt, low self-esteem and can accurately identify depression and other emotional disorders that may be complicating anger management treatment. Therapeutic approaches usually include frustration tolerance training as well as meditation and relaxation techniques.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City