

Anger Management Group For Women Veterans



What: An eight week psychosocial group for Women Veterans to deal with Anger Management and hard to treat Anxiety, Worry, and Panic.

When: Wednesdays from 10:00am to 11:30am,
(Call to obtain start date)

Why: Ineffective anger management may lead to family problems as well as societal problems, such as incarceration, loss of employment and loss of personal relationships. Without effective coping mechanisms for anger, individuals often suffer from medical problems such as headaches, difficulty sleeping, high blood pressure and problems with digestion.

Co-Facilitators:

Linda Sims, LCSW, LADC
Kyra Jones, LCSW

For additional information
about this group, please contact:

*Linda at 791-9000 ext. 14748
or Kyra ext. 14358*

Women's Health Center VA Hospital

6900 N. Pecos Rd.
3rd Floor: 3A 333
North Las Vegas, NV 89086

Phone: 702-791-9176