

# ANGER *Management* FOR MEN

**REGISTER  
NOW!**

**MONDAYS AT 5:00PM  
ONLINE / ZOOM SESSIONS  
AFFORDABLE LOW FEES**

**Low & Affordable Fees  
Self Referred Or Mandated  
Violence Prevention  
Strength Based Skills  
Trauma Informed Lens  
Self Awareness Tools**



*call to  
register*

**323-476-7447**

SOUTHERN CALIFORNIA COUNSELING CENTER

# DOMESTIC VIOLENCE *for survivors*

A SUPPORTIVE SPACE FOR SURVIVORS  
OF UNHEALTHY RELATIONSHIPS.

WHAT THE GROUP OFFERS:

A NON-JUDGMENTAL SPACE TO SHARE OR LISTEN

SUPPORT AT YOUR OWN PACE

GUIDED CONVERSATION AROUND HEALING AND  
SAFETY

CONNECTION WITH OTHERS WHO UNDERSTAND

TOPICS MAY INCLUDE:

BOUNDARIES

EMOTIONAL SAFETY

SELF-WORTH

HEALING AFTER HARM

323-476-7447

# RELATIONAL PARENTING

EVERY THURSDAY AT 6:30PM  
ONLINE/ZOOM SESSIONS

HEALTHY DISCIPLINE | EFFECTIVE COMMUNICATION  
CO-PARENTING | CHILD DEVELOPMENT & MORE



# *Stress Navigation & Anger Management*

- understand your triggers
- manage anger before it escalates
- learn healthy ways to respond to stress
- improve communication during conflict
- build emotional regulation skills
- break unhealthy reaction patterns
- strengthen problem-solving skills
- practice tools for staying grounded

Call us for registration. All groups are virtual sessions. Low fees are available. English and Spanish groups.

323-476-7447 | [watts@sccc-la.org](mailto:watts@sccc-la.org)



SOUTHERN CALIFORNIA  
COUNSELING CENTER

ANGER MANAGEMENT  
RELATIONAL PARENTING  
DOMESTIC VIOLENCE  
RAGE RESOLUTION  
STRESS NAVIGATION  
LGBTQ GROUP  
YOUTH EMPOWERMENT



**SCCC believes that mental health care is a right, not a privilege. Anyone who needs counseling should have it. It is a belief we have lived for more than 50 years by providing affordable, sliding-scale counseling to people in need for as long as they need care.**

SCCC provides comprehensive counseling services at rates based on your ability to pay. We believe everyone should get the care they need for as long as they need counseling.

Join our counselors and complete your clinical requirements with a team dedicated to bringing affordable mental health care to the people of Los Angeles.

**CONTACT US**

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