

Women's Anger Management Group

The 12-week women's anger management group is an extension of the domestic abuse program.

Participants learn:

- Anger regulation by learning how to manage stress
- Effective communication skills
- How to recognize the warning signs of an abusive relationship
- How to develop skills for setting appropriate boundaries with others

These strategies are helpful in several areas, including parenting and relationships at work.

Intake sessions are required. To learn more or to schedule an intake, contact our main number at (763) 783-4914.

More about Lee Carlson Center:

The family-focused domestic abuse program is one of the many programs offered by Lee Carlson Center for Mental Health & Well-Being.

For over 30 years, Lee Carlson Center for Mental Health & Well-Being has been a beacon of hope for youth and families coping with emotional and behavioral issues.

As the primary provider of mental health services in Anoka County, we're proud to help over 4,000 individuals and families every year.

As a charitable organization, we're grateful for financial support, in-kind donations of products and services and the gift of volunteer time.

To learn more about our many programs and services, or how to become a donor or volunteer, visit www.leecarlsoncenter.org.

Our Mission

To provide therapeutic intervention, psycho educational support and prevention services to families and individuals in our community affected by domestic violence.

All groups and individual sessions for Lee Carlson Center's Domestic Abuse program meet at the Blaine Human Service Building

1201 89th Ave. NE, Suite 375
Blaine, MN 55434

Most insurance plans are accepted. If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

Visit www.leecarlsoncenter.org to learn more.
View our 2013 wish list online.



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

(763) 783-4914

Our Domestic Abuse Program

Our Domestic Abuse Program is designed to treat the whole family - from batterer to spouse/partner to the children involved in their lives. It's the only program of its kind in Anoka County.

Professionally trained therapists facilitate the men's, women's, children's and adolescent groups.

The program is designed to help all family members heal and move beyond the violence, with an emphasis on safety of all who participate.

All sessions are conducted at the Anoka County Human Services Building in Blaine.

For Men

The 20-week program is designed to increase understanding of abusive behaviors, develop effective anger management and emotional self-regulation skills.

Participants learn how to:

- Identify abusive behavior and how it impacts others
- Develop a self-control plan
- Create a safe environment
- Develop positive methods of self expression

An essential focus of the group process is to encourage male participants to develop and use non-abusive strategies to avoid violent behavior in their lives, and most importantly in their families.

To learn more or to schedule an intake, contact our main office at 763-783-4914.

For Women

The 16 week women's domestic abuse program provides group therapy for female victims/survivors of domestic abuse.

Each session explores a specific topic related to abuse.

Topics include:

- The dynamics of abusive relationships
- Communication
- Anger management
- Grief and loss
- Boundaries
- Healthy vs. unhealthy relationships.

Each participant creates a Safety Plan.

During each session participants also have the opportunity to talk about current issues and obtain feedback from fellow members, if desired. Free childcare is available during the group.

To learn more or to schedule an intake, contact our main number at (763) 783-4914.

Restorative Parenting Program

This program is available to men and women who have experienced domestic abuse.

Conducted in 16 sessions for women and 12 sessions for men, it's designed to promote stronger parental-child bonds through teaching improved parenting skills. There is a special focus on the impact of family violence on children.

There are separate groups for mothers and fathers.

To learn more or to schedule an intake, contact our main number at (763) 783-4914.

For Adolescents

Group sessions for youth 10-18 are offered throughout the year. These sessions focus on:

- Repairing the trust and familial bonds broken or damaged by domestic abuse
- Assisting youth in developing skills to help them better manage anger & unpleasant emotions. The goal is to regulate feelings without behaving in reactive, destructive ways.
- Improving sense of self-esteem.

In some cases individual therapy may be available.

To learn more, contact our main number at 763-783-4914.

