
HELP FOR ANGER?

We all experience anger, but if managed correctly, anger can be a healthy thing. Foundation 2's Anger Management Therapy Group helps young males who are experiencing uncontrolled anger learn ways to express that anger more effectively.

- ◆ Group is available for males between 12 and 18 years old
- ◆ Group meets Thursdays from 6 to 7 PM at the Foundation 2 Crisis Center
- ◆ Group lasts for 6 weeks
- ◆ New members can join at any time
- ◆ 2 family counseling sessions are included
- ◆ We accept most insurance
- ◆ Scholarships are available
- ◆ Group is facilitated by a LISW therapist

SUPPORT GROUPS

Foundation 2 Crisis Center hosts three groups.

Anger Management Therapy Group
Works with adolescent males who are struggling with anger to explore ways to more effectively express their emotions. Meetings are held Thursday afternoons.

Depressive and Anxiety Disorder
If you struggle with depression and/or anxiety, this will provide a safe environment where you can talk with others who understand. The emphasis is on positive coping skills, mutual support, and stress management. Meetings are held once a week. A brief intake is required prior to attending.

Suicide Survivors Bereavement
If you have lost a loved one to suicide, this support group will help you begin healing by talking with others who have been through the same experience. The group meets twice monthly, and is open to anyone who has lost a friend or relative to a suicide death.

SCHOLARSHIP INFO

Scholarships for the Anger Management Therapy Group are available thanks to grant funding from the Greater Cedar Rapids Community Foundation.

MOBILE CRISIS OUTREACH

Mobile Crisis Outreach is designed to assist those who would benefit from on-site crisis intervention services.

Upon arrival team members will assess the situation, attempt to stabilize and diffuse the crisis, provide counseling, and provide referrals to Foundation 2 and community resources.

Mobile Crisis outreach runs 24 hours a day, 7 days a week.

For more information on services at Foundation 2, call 362-2174 or visit www.foundation2.org

FOUNDATION 2



*Foundation 2
believes that all
persons have the
right to be treated
with respect and
dignity and all
persons in crisis
have the potential
for positive change.*

Foundation 2 Crisis Center
1540 2nd Avenue SE
Cedar Rapids, Iowa 52403
www.foundation2.org

Certified by the American
Association of Suicidology

A United Way Member Agency

Crisis Services (319) 362-2174

- ◆ 24-hour telephone counseling
- ◆ 24-hour Mobile Crisis Outreach
- ◆ Individual and Family Therapy
- ◆ After Hours Food Pantry
- ◆ Suicide prevention/education/training
- ◆ Support group for Depression/Anxiety Disorders
- ◆ Support group for friends and family of someone who has died by suicide
- ◆ Youth Anger Management Therapy Group

Youth and Family Programs (319) 366-8797

- ◆ Shelter for youth ages 11-17
- ◆ Individual and Family Counseling
- ◆ Street Outreach for youth
- ◆ Independent Living Programs for young adults
 - ◇ Transitional Living
 - ◇ Supervised Apartment Living
 - ◇ Iowa Aftercare
- ◆ Skills Group
 - ◇ Discoveries, programming for girls ages 11-17

Foundation 2 is a not-for-profit human service agency that offers crisis prevention and intervention programs to people of all ages.

We are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone.



*Angry all the
time?*



FOUNDATION 2 YOUTH ANGER MANAGEMENT THERAPY GROUP

**Helping adolescent males to
express anger constructively**

362-2174

Cedar Rapids calling area

800-332-4224

elsewhere in Iowa