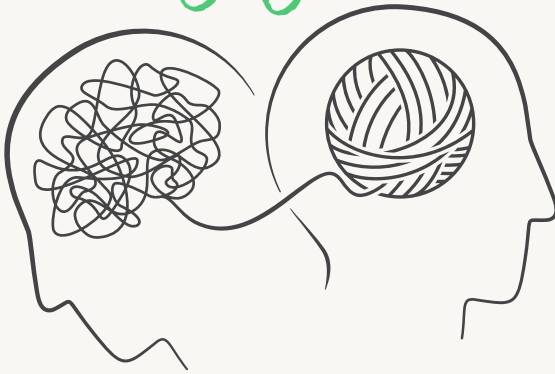


REFRESH

Psychotherapy

**STARTING JANUARY 4TH, 2022
TUESDAYS 6:00PM TO 7:00PM**

Decoding your Anger



Facilitated by Amanda Abdeldayem, LMSW

This 10-week virtual group is geared towards individuals who are struggling with understanding their anger. It will help individuals gain a deeper understanding of what their anger means and why anger is an emotional response rather than a personality trait. Those who join this group will get a chance to uncover how anger, the emotion, has played an important role in their lives and why it is not something that one should try to fix, but rather understand.

If interested, please contact
amanda@refreshtherapynyc.com



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646.685.4422

My name is Amanda Abdeldayem, and I am excited to announce Refresh Psychotherapy will be launching a virtual group on “Decoding Your Anger.” The group will start on January 4th, 2022 and will take place on Tuesday evenings from 6:00pm – 7:00pm. The group will take place for a total of 10 weeks. This group is geared towards individuals who are struggling with understanding their anger. It will help individuals gain a deeper understanding of what their anger means and why anger is an emotional response rather than a personality trait. Those who join this group will get a chance to uncover how anger, the emotion, has played an important role in their lives and why it is not something that one should try to fix, but rather understand.

Should you be interested in gaining a better understanding of your own anger, please email me to schedule a ten minute consultation to ensure the group is a good fit for you – amanda@refreshtherapynyc.com

Sincerely,

Amanda Abdeldayem, LMSW, CASAC-T