



SISTERS of CHARITY HEALTH SYSTEM

Press Release

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Sisters of Charity Health System's Mental Health Services Launches Anger Management Program

March 10, 2025—CLEVELAND – The Sisters of Charity Health System's Mental Health Services, which offers a variety of holistic outpatient services to those in need of mental health care, has launched an anger management program to help people learn techniques to manage their anger in a healthy way. The anger management classes are being held every Tuesday from 1-2 p.m. at Rosary Hall, located at the St. Vincent Charity Health and Healing Hub at 2475 East 22nd Street in Cleveland.

The 12-week anger management program will help participants recognize specific events and cues for anger, working with them to create anger control plans, and providing cognitive restructuring, assertiveness training, conflict resolution, and discussing anger and how it impacts the family dynamic. Each session will have a different topic and participants will complete assignments in class and in-between classes at home.

The program is run by Michael Teichman, LISW-S, LICDC, a licensed independent social worker and chemical dependency counselor. "Anger management intervention helps individuals who have a difficult time controlling their anger. To increase their awareness of their personal patterns and behaviors regarding anger, we give them the tools to identify anger cues and triggers along with diversion techniques and assist them in developing an anger control plan," said Teichman.

The anger management program is open to anyone in the community who struggles with anger and poor emotional regulation. The need for the program arose from working with existing clients engaged in substance abuse treatment, mental health counseling and psychiatric care.

"We have found that many of our clients also present with poor emotional regulation, which leads to anger that disrupts other aspects of life at work, home and in the community. By identifying the client's needs, we want to offer a variety of services on an individual basis to provide exceptional care holistically to set our clients up for success," said Teichman.

To learn more about the anger management program and all of the offerings at Sisters of Charity Health System and Rosary Hall, call 216-363-2580, option 3.

