

## *What our clients say about us...*

*It was worth it being here, it helped me a lot and care about things a lot. I liked this group, now it really makes me want to become successful in life.*

*This is a great place to teach about anger problems.*

*I loved it, better than I expected. Had a good impact on my life.*

*Everything is explained well and is made simple to understand. I learned a lot here and it's easy for me to apply the things I learn to my life! Thank you both.*

*[Facilitator] explains things to the point where you understand. It really helps me outside of class to deal with situations in a more considerable way. Encouraged me to do better and stay on a positive track. Group helped me a lot. It has changed me into a better person and I'm still progressing as life continues on. I enjoyed the time here and conversations held in group.*

*Thank you for changing the way I think about violence.*

*I feel grateful for this class...it has taught me to be more grateful for the things that I do have in life. It has prepared me not only getting off probation, but also for life. Once I started participating in class, I not only noticed that others in the group started participating, but I learned more about myself*

*I think I changed a lot during this program. I learned how to talk to people about what hurts me knowing that I'm not the only one with problems. I have learned to ignore people and find different ways to avoid a fight.*

*I could relate to everything, you guys broke it down into in ways that were real enough that I saw it...it never failed...we would talk about something in group one week and then the following week I would see a situation play out at school or home that I could use the things we talked about.*