



GARDNER

Family Care Corporation

M.A.C. Group (Making a Choice)

WHAT:

- **Life skills and anger management** group for male and female youth from 13 to 18 years old
- **10 week course** covering subjects on: **anger management, decision making, problem solving, self esteem, coping skills, appreciating diversity, apologizing, etc.**
- Open on going group / youth may begin at any time
- Eight youth maximum with waitlist entries into group once a youth graduates from the program
- Cultural competent services (**provided in both Spanish and English**)

WHERE and WHEN:

- Meets every Wednesday from 4:00 pm to 5:15pm
- Group meets at Gardner Community Center: 520 W. Virginia St., San Jose, CA 95125

HOW to refer youth:

- Probation officers and social workers refer youth to Gardner System of Care program and specify MAC attendance
- Any further question feel free to contact Sabry Ramirez, MFTI or Angela Albright, LCSW at (408)287-6200

Contact Persons:

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