

Anger Management Resources

Updated: October 2025

**PLEASE NOTE: Session prices do not account for insurance coverage.
Not all groups accept insurance. Call ahead for more information.**

ADULT ANGER MANAGEMENT GROUP

- Online anger management class
- Dr. Lyle Becourtney
- Mondays, 7:00-8:00PM
- (845) 243-2359
- \$70/session

CLEARWATER COUNSELING

- Group anger management
- Amy Daisak
- Various times between Monday and Thursday, please call to schedule
- Telehealth services offered
- (518) 245-6272 x122
- Accepts: Aetna; Blue Cross Blue Shield; CDPHP; Cigna; Emblem Health; Empire Plan; Fidelis; MVP; NYSHIP

NEW DAY INTERVENTION STRATEGIES

- Certified to teach court-approved 12-week anger management program
- Jeanne Borromeo
- Telehealth only
- (518) 412-3061 (free 15 minute consultation)
- Individual sessions and couple sessions available
- \$50-\$150/session; sliding scale based on income
- Accepts: Aetna; Anthem; Blue Cross; Blue Shield; BlueCross and BlueShield; CDPHP; Empire Blue Cross Blue Shield; Fidelis; MagnaCare; Medicaid; MVP Health Care; Optum; United Medical Resources (UMR)

NEW SCOTLAND COUNSELING ASSOCIATES

- Anger management group
- Jonathan Bruce Riven
- Tuesdays, 6:00–7:30PM (in-person and tele offered)
- 301 South Allen St, 2nd Floor, Albany, NY 12208
- (518) 348-3917
- \$20-\$50/Session
- Accepts: CDPHP; FidelisCare; Empire Blue Cross/Blue Shield; MHC; MVP; Empire Plan and Beacon Health Options

PINNACLE BEHAVIORAL HEALTH

- Anger management group
- Jamie Coscia
- Fridays, 12Noon-1:00PM
- 1 Pinnacle Place, Albany, NY 12203
- (518) 689-0244 x35
- In-person and Zoom options available for 10-week sessions
- Accepts most insurances

TIME HEALS ALL COMPOSER SERVICES

- Online grief counselling & support group for adults (ages 40-70) struggling with life changes and challenges
- Dr. Daphne Dent
- Every other Wednesday, 6:00-7:15PM (grief),
and every other Thursday, 6:00-7:15PM
- (630) 345 8420
- \$50-\$70/session; sliding scale based on income
- Accepts: Acentra; Health EAP; Aetna; Anthem; Blue Cross; Blue Shield; BlueCross and BlueShield; Carebridge EAP; Carelon Behavioral Health; CCA EAP; Cigna and Evernorth; Curalinc EAP; Empathia EAP; ESI EAP; HMC Healthworks; WellCare