

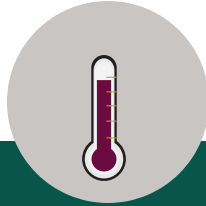
ADDRESSING CONFLICT AND ANGER EFFECTIVELY FOR YOUTH

Addressing Conflict and Anger Effectively for Youth is a skills-based class tailored to address difficulties that youth are experiencing around making healthy decisions for themselves, as well as how to recognize their emotions — especially anger, and manage them in healthy, effective ways.



COLLABORATION

Problem solving using our six-step method of conflict management
Understanding and using personal power in healthy ways



TAKE RESPONSIBILITY

Recognizing your body's responses to anger and the specific situations that bring out anger
Considering potential positive and negative consequences of choices



SHIFT PERSPECTIVE

Identifying the positive and negative characteristics of anger
Communicating needs, wants and feelings in a healthy way

WHO SHOULD TAKE THIS CLASS?

This class is specifically tailored for ages 11-18 who want to learn how to:

- make informed decisions on a day-to-day basis
- better manage emotions and control anger
- effectively communicate feelings and needs
- build and improve relationships with friends and family

*** See reverse side for details.***

Contact Us



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CLASS FORMAT AND COST

- 8-week class held weekly on the same day/time.

Price: \$180

- Weekend class held a consecutive Saturday and Sunday (2 classes total).

Price: \$200

A parent or guardian is required to attend the 1st, 3rd, 5th, and 7th classes for our 8-week format and on Saturday for our weekend format.

*50% Discount offered for anyone receiving public assistance

WHAT YOUTH ARE LEARNING

“The difference between fear and respect
2018 participant

How to be patient and think before doing things
2018 participant

Different ways to handle my anger through communicating in a positive way

2018 participant

That anger is natural and the way you handle it has different effects
2018 participant

How different ways of communicating can affect a situation”
2018 participant