



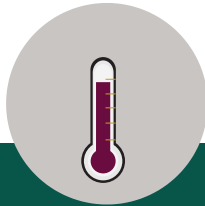
# ADDRESSING CONFLICT AND ANGER EFFECTIVELY FOR YOUTH

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 11-17 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



303.433.4983 | [conflictcenter.org](http://conflictcenter.org) | [info@conflictcenter.org](mailto:info@conflictcenter.org) | 4140 Tejon Denver, Co 80211

# 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**

## **ALL CLASSES ARE CURRENTLY BEING HELD VIRTUALLY**

- A parent or guardian is required to attend 6 of the 12 hours of class
- \*50% discount offered for anyone who may qualify for any form of government or financial 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