

Anger Management



Transforming Anger To PERSONAL POWER



Program Details

**Kids Class
6-12 year old's**

Location

**Washington Elementary
School
340 W. 650 S.
Bountiful**

**Class will start on
the date below and
run for six weeks:**

Tuesday, September 11

4:00—4:55
Limited class size

A Six Week Educational Program that will help participants learn healthy ways to control emotions.

Topics include:

- Emotional awareness: fear, embarrassment, sadness, frustration, worry, anger, etc.
- Identifying internal and external triggers and anger cues
- Learning about the anger cycle
- Strategies to manage emotions
- Communications skills
- Stress management
- Empathy training

TO REGISTER:

Contact Angie Smith at 801-773-7060 ext. 502

Or online at www.dbhprevention.org

