

# Anger Management



## Transforming Anger To PERSONAL POWER



### Program Details

**Youth Class**  
13-17 year old's

#### Location

Davis Behavioral Health  
934 South Main Street  
Layton

**Classes held once a  
week starting on**

**Thursday, September 6**  
**Thursday, November 1**  
**Thursday, January 3**  
**Thursday, February 21**  
**Thursday, June 6**

**11:00—11:55 am**  
*Limited class size*

*Dates of class: June 6, 13, 20, 27  
July 11 & 18 at 11:00am*

*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](http://www.dbhprevention.org)**

