



Managing Emotions for Adults

An eight Week Educational Program that will help participants learn healthy ways to control emotions.

You will Learn

- To identify triggers, cues & consequences of anger
- Strategies to change habits & manage anger
- Creating an anger control plan
- How to build better relationships

Program Details

Classes run for 8 weeks

Men's Class

Monday's

Starting October 7

5:30pm—7:00pm

Women's Class

Thursday's

Starting August 22

6:30pm—8:00pm

Location

Davis Behavioral Health

934 South Main Street

Layton

For a current listing of classes click on the register link on the website.



TO REGISTER:

Online at www.dbhprevention.org OR

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