

Anger Management



Transforming Anger To PERSONAL POWER



Program Details

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

Location

**Davis Behavioral Health
934 South Main Street
Layton**

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

**Thursday, September 5
Thursday, November 7
Thursday, January 9
Thursday, February 20
Thursday, April 9**

5:00—5:55

Limited class size

**Dates of June 4th class: 4, 11,
18, 25, July 2 & 9 at 9:00am**

*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

