

# 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 5  
Thursday, November 7  
Thursday, January 9  
Thursday, February 20  
Thursday, April 9

**4:00—4:55 pm**

*Limited class size*

Dates of June 4th class: 4, 11, 18,  
25, July 2 & 9 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)

