

“ANGER is a choice, CHOOSE wisely”

Come learn strategies to help you “keep your cool” and stay out of trouble.
Learn healthy and appropriate ways to express your anger.

If you answered YES to one or more of the questions, then you (or your child) may benefit from our group.

Tuesdays @ 3:30pm

CALM, COOL, COLLECTED

- Easily Irritated?
- Having trouble getting along with others?
- Frustrated easily?
- Getting into trouble with parents or at school?

Addressing the emotional battle within

**GROUP
FOR TEENS
13-17**

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Please call for more information or Email