

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

4:00—4:55 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

