

Anger Management



Transforming Anger To PERSONAL POWER



Program Details

Classes are held at Davis Behavioral Health all year long.

To find a current listing of available classes, click the register button on the website.

Parents are not allowed in the classroom. This is a class for the child only.

4:00—4:55 pm
Limited class size

Each class meets once a week for 6 weeks.

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**

