

Managing Emotions Anger Management Group for Teens Ages 14-17

Youth
Services
of Elk Grove
Township

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*Where people come
together to achieve*



Participants will:

- Learn more effective ways of expressing anger
- Learn to resolve conflicts and differences with people
- Be able to express your hurt and disappointment in a way that leads to more understanding
- Understand anger triggers and the underlying emotions associated with anger
- Learn how to chill out

The group will meet for 8 weeks and the cost will be \$80.00
Partial scholarships will be available for residents of Elk Grove
Township

Call for dates and times

For more information contact Renee Dorn