

Anger Management Class

Anger is not a bad emotion, it is how you deal with it that matters.

If you have a young child, you know that at times anger can be a problem. This class can help teach your child to handle their anger in a positive way.

Children in this class will learn:

- to identify causes of anger
- their signs of frustration
- how to manage their anger appropriately
- how to cooperate
- how to communicate more effectively when upset with family and friends
- the difference between tattling and telling

Children will be provided with information, hands-on activities, an incentive program, snacks, and a small homework assignment each week to re-enforce the topic. Children will make their own book throughout the class with information on the skills they have learned. Parents will receive weekly progress reports on their child.

Age: 5-6 year olds

Time: One hour per week

Duration: 8 weeks

Cost: \$20.00 per child

Call 752-8880 for dates and times

Quotes From Parents

“My son was so sad when he found out it was the last day of class. He wanted to continue to come each week.”

“I loved the calm down plan that was made with my daughter. Whenever she got mad she would do the first thing on her list.”

“My son came home from class and that night he decided the entire family needed to know the 3 anger rules he was taught in class.”

All classes are held at the Child and Family Support Center