

Skills for Managing Anger and Other Emotions

A six-week education series for teens experiencing difficulties because of their inability to manage their anger.

Anger is a universal feeling

This program will help students deal with their emotions in appropriate ways by understanding their own resources and developing their own plan of action with skills that really work!

Program held at
American Lutheran Church
38795 Mulberry
Clinton Twp., 48036

Parent education component will run at the same time as the "Managing Anger Series."

Parents must attend in order for youth to take part in the Skills for Managing Anger Series.

Please do not bring other children, including siblings.

DATE: Thursday, February 23 - March 29 , 2012

TIME: 6:00 - 7:30 PM

COST: \$120.00

AGE: 9-11 & 12-14 Years

*Students must be enrolled in school.

Register and Payment due: February 17th
Call 586.541.0033

More information at www.careofsem.com



CARE of Southeastern Michigan's mission is to educate, link and support individuals, families, businesses and communities affected by family concerns, workplace challenges, mental health conditions and the misuse of alcohol, tobacco, and other drugs.



CARE of Southeastern Michigan is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state, and local funding have been provided through Macomb County Community Mental Health/Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE of Southeastern Michigan Recipient Advisor, 31900 Utica Road, Fraser, MI 48026, PH: 586.541.0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan.