

Peaceful Alternatives to Tough Situations (PATTs)

This six-week education series is for teens and parents experiencing difficulties because of their inability to manage their anger. This program will help students deal with their emotions in the appropriate ways by understanding their resources and developing their own plan of action with skills that work.

A workbook is provided at the first class session.

To register for classes call 586.541.2273, or visit www.careofsem.com.

All classes will be practicing social distancing as classes will be divided by ages. Face masks are required.



Age Groups: 9-11, 12-14, & 15-18
Parent Group runs at the same time.

FREE

TIME:

6:00 pm – 8:00 pm

DATES:

Monday, October 19
Monday, October 26
Monday, November 2
Monday, November 9
Monday, November 16
Monday, November 23

LOCATION:

CARE of Southeastern
Michigan

See Address Below.