

## **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.



## **DATES:**

Monday, August 16 Monday, August 23 Monday, August 30 **Monday, September 13 Monday, September 20 Monday, September 27** 

**LOCATION: CARE of Southeastern** Michigan

See Address Below.

**MCOSA** 

Federal, state and local funding has been provided through Macomb Community Mental Health/Office of Substance Abuse and other funding sources 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 Rights Advisor, 31900 Utica Road, Fraser, MI 48026, 586.541.2273 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, MI 48009.



