

## 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](http://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's**

March 14

March 21

March 28

April 11

April 18

April 25

**LOCATION:**

**CARE of Southeastern  
Michigan**

*See Address Below.*