



RELAX: Alternatives to Anger

DATE & TIME:

Tuesday April 16th, 23rd,
30th, May 7th, and 14th
from
1:30- 3:00 p.m.

LOCATION:

Park Forest Meal Site
3300 Spirea Ct, Jackson, MI
49202

REGISTER:

Contact Laurie
Jackson County
Department on Aging
(517)-768-8691



RELAX: Alternatives to Anger helps teens, adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem solving skills needed for healthy relationships.

Participants will learn:

- What anger is
- What triggers anger
- Calming down and de-stressing methods
- Problem solving
- Effective communication skills
- Forgiving and letting go of the past



JACKSON COUNTY
Department on Aging



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