



RELAX: Alternatives to Anger

DATE & TIME:

November 18th, 25th,
December 2nd, and 9th
2019

1:00-2:30PM

LOCATION:

Crouch Senior Center
1715 Lansing Ave #672
Jackson, MI 49202

REGISTER:

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

