

Alternatives to Anger

This highly engaging MSU Extension four-part educational series includes informative presentations, group discussions and skill-building activities that will help you learn:

- What anger is and what triggers it (Week 1)
- Calming down and de-stressing (Week 2)
- The 4 principles of problem solving; effective communication skills (Week 3)
- Forgiving and letting go of the past (Week 4)

\$20 for 4 Lessons

Each Lesson is 1.5 Hours

Total Training Hours = 6

Questions? Contact Us!

Holly B. Tiret

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Grand Rapids MI 49503

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Alternatives to Anger is one of the educational programs of the MSU Extension Institute for Improving Health and Nutrition designed to promote social and emotional health and well-being. The overarching goal of these efforts is to help young people and the adults in their lives learn to foster healthy relationships, so they can live, learn and grow in safe, affirming and fair environments free from violence, abuse, bullying and harassment.

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Alternatives to Anger

Using the

RELAX

method

An educational series for parents, childcare providers and any adult who wants to better manage their anger and stress at home and in the workplace.

Mondays

February 27, March 5,12,19

6:00 PM—7:30 PM

MSUE Kent County

775 Ball Ave NE

Grand Rapids MI 49503

\$20 for 4 week series

Alternatives to Anger

How we deal with anger affects not only ourselves but the people around us, including children in our lives. Learning to handle our own emotions is the first step in helping children manage their emotions.

Alternatives to Anger is an anger management program designed to help adults understand and manage anger, develop communication skills, learn to manage stress and make positive behavioral changes.

This class is for parents, childcare providers and any adult who wants to better manage their anger and stress at home or workplace. The cost is \$20 per person or couple.

“Holding onto your anger is like grasping a hot coal with the intention of throwing it at someone else; you are the one getting burned.”

Participants Will...

R Understand child and human development and how to **RECOGNIZE** when people are angry, what triggers that anger and how to cope.

E Learn to **EMPATHIZE** with another's point of view.

L Learn to be a better **LISTENER**.

A Learn **ACCEPTANCE** to deal with challenging behaviors by developing problem-solving skills.

X Learn to **X-OUT** the past and focus on the present.

REGISTRATION FORM

Alternatives to Anger

Class begins Monday, February 27, 2012.

Registration in advance is required. Return this form with payment by **February 20, 2012**. Make checks payable to **MSU Extension**. \$20 fee covers a second person if you share materials. List both names if two people will attend.

Attendee Name(s): _____

Address: _____

Phone: _____

E-mail: _____

Amount Enclosed: _____

Check here if requesting a scholarship. Attach a short note explaining why needed.

Send to:

MSUE Kent County
775 Ball Ave NE

Grand Rapids MI 49503

Phone: 616-336-8998 **FAX:** 616-336-3836

Accommodations for persons with disabilities may be requested by contacting Holly Tiret at 616-336-8998 by 2-13-12 to make arrangements. Requests received after this date will be fulfilled when possible.

A minimum of 8 participants is required in order to hold this class.