



ALTERNATIVES TO ANGER

R.E.L.A.X. : ANGER MANAGEMENT SKILLS TRAINING

The goal of RELAX: Alternatives to Anger is to help young people, parents and caregivers foster healthy relationships so they can live, learn and grow in a safe, affirming and fair environment free from violence, abuse, bullying and harassment. Michigan State University developed this program to help youth, parents and caregivers will learn to better manage their anger and stress at home and in the workplace.

COST: \$75 for an Individual, \$125 for two (parent/child or spouses)

R.E.L.A.X! Teaches:

How to RECOGNIZE & Understand Child & Human development and behavior

**EMPATHY for others
Emotional Intelligence**

LEARN strategies like communication and problem solving skills and ANGER management

X out the past & focus on the present

**GREAT LAKES
COUNSELING SERVICES**

312 Douglas Ave., Holland
First 4 Mondays
Jan, March, June, Oct
5-6:30pm

616-617-1188 to Register

Counselinginholland.com