



ASun Star

SOCIAL SKILLS & ANGER MANAGEMENT GROUP

PROGRAM OVERVIEW

- 8-Week Year-Round
- Ages: 8-21
- Schedule: Tuesdays
- Time: 4:00 PM - 7:00 PM

SOCIAL SKILLS & SELF-ESTEEM

- Mentoring
- Journaling / Creative Writing
- Holistic Talk Therapy Approach
- Positive Decision Making
- Safe Space environment
- Positive Peer to Peer Support
- Expressive Arts for Healing
- Trauma Specialists
- Sexual Education

ANGER MANAGEMENT

- Knowing your triggers
- Assertive Communication
- Bullying
- Role Playing
- Respond instead of React
- Problem Solving Skills
- Group Conversation
- Journaling
- Art Therapy



START YOUR JOURNEY WITH US

 (973) 771-3300 EXT. 3

 asunstar.org

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