



ANGER MANAGEMENT

"HEALING FROM THE INSIDE OUT"

TUESDAYS 4:00-7:00

AGES 8-18

*6 -Wk Year Round Program

**Transportation is Available



◆ KNOWING YOUR TRIGGERS

Learn to identify what provokes you

◆ ASSERTIVE COMMUNICATION

Learn how to be an assertive communicator and strategies to resolve interpersonal conflict

◆ RESPOND INSTEAD OF REACT

Learn how to calm yourself and deal with anger in a positive way

◆ FACING BULLIES

Learn about the cycle of violence and how to deal with bullies and cyber bullying

◆ PROBLEM SOLVING SKILLS

Learn how to make Positive Decisions when faced with obstacles

ACTIVITIES INCLUDE:

JOURNALING, ROLE PLAYING, ART THERAPY, GROUP CONVERSATION

For more information please call **973-771-3300** or email programs@asunstar.org

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