



Mark A. Hackel
County Executive

Alternatives to Anger

R.E.L.A.X

Class fee includes all program materials:
\$25.00* - individual
\$35.00* - family
**payment is non-refundable*
**Cash, check or money order only, made payable to:*
MSU Extension-Macomb
Payment required BEFORE CLASS STARTS to hold space!

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.

<u>Sessions/Dates:</u>		<u>Location:</u>
January 18 & 19, 2018	Thursday & Friday, 9 - 11 am	Max Thompson Family Resource Center 11370 Hupp Warren MI 48089
January 31, 2018	Wednesday, 5 - 9 pm	
February 6 & 20, 2018	Tuesdays, 9 - 11 am	
February 28, 2018	Wednesday, 5 - 9 pm	
March 8 & 9, 2018	Thursday & Friday, 9 - 11 am	
March 28, 2018	Wednesday, 5 - 9 pm	

You must attend all 4 (four) hours in order to receive a Certificate of Completion. Anyone attending that is under 18 MUST HAVE A PARENT OR ANOTHER ADULT REGISTERED WITH THEM. The adult must be present during all of the session.

Presented by:
Jacqui Rabine, Program Instructor, Health and Nutrition Institute
"Though no one can go back and make a brand new start, anyone can start now and make a brand new ending"
-Carl Bard

Advanced registration and payment is REQUIRED!
Please call:
586-469-6440



PLEASE MAKE CHECKS PAYABLE TO: MSU EXTENSION, 21885 Dunham Rd, Clinton Twp MI 48036

Jan 18 & 19 Jan 31 Feb 6 & 20 Feb 28 March 8 & 9 March 28

Name(s): _____ over 18 _____ over 18
 _____ over 18 _____ over 18

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