



## Youth Workshop *Boys—Grades 4, 5, 6*



### **Overcoming Frustration and Anger**

A four-session workshop for **Boys in Grades 4, 5, 6**  
Presented by Joe Lilly, LMSW

The program will focus on understanding the triggers to anger and how to constructively respond. Using discussion and instruction, the participants will:

- \* ***Learn valuable tools to control anger***
- \* ***Learn effective strategies to better understand feelings***
- \* ***Learn helpful approaches to accomplish goals***
- \* ***For Parents: Listen to and identify different emotions behind anger***
- \* ***For Parents: Assist with anger management***

Youth Sessions: **January 24, 31, February 7, 2022** - 6:00-7:30 pm  
Parent Only Session: **February 14** - 6:00-7:30 pm

**Space is limited: [register now!](#)**



#### Location:

Troy School District  
Service Center Building  
4420 Livernois Road, Troy 48098

#### To Register:

[Click here](#) to sign up and pay the  
\$20 Registration Fee

or go to [TroyYouthAssistance.org](http://TroyYouthAssistance.org)

[TroyYouthAssistance@troy.k12.mi.us](mailto:TroyYouthAssistance@troy.k12.mi.us)

248-823-5095