



## Youth Workshop *Boys—Grades 4 & 5*

### **Overcoming Frustration and Anger**

**a four-session workshop for Boys in Grades 4 & 5**

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 and assist with anger management***

**Wednesday, March 1, 8, 15, 22\*, 2023**

**6:00-7:30pm**

**Youth attends first 3 sessions**

**\*Parent/Guardian attends last session without youth**

#### **Location:**

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



**To Register: *SPACE IS LIMITED!***  
**Click here** to sign up and pay the  
\$20 Registration Fee  
or go to [TroyYouthAssistance.org](https://TroyYouthAssistance.org)

**Program sponsored by Troy Youth Assistance**

**TroyYouthAssistance@troy.k12.mi.us**

**248-823-5095**