



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: **November 5, 12, 19** - 6:00-7:30 pm

Parent Only Session: **November 26** - 6:00-7:30 pm

Pizza served at all sessions

Space is limited: register now!



Location:

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

To Register:

Email or call Troy Youth Assistance
\$20 Registration Fee paid in Advance
to hold your spot

TroyYouthAssistance@troy.k12.mi.us

248-823-5095