



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***

Workshop date: October-November 2022

Youth Sessions: **October 26, November 2, & 9** - 6:00-7:30pm

Parent Only Session: **November 16** - 6:00-7:30pm

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

TroyYouthAssistance@troy.k12.mi.us

248-823-5095