



Agree to Disagree *Managing Anger*

FREE Group for Adolescents ages 12-14.



Participants will learn...

- What anger is and how it is expressed & experienced by different people
 - How to control their anger
 - How to express negative emotions and feelings in more productive ways
- (Open to teens who are not currently receiving mental health services)*

**Group meets at Child & Family Center
Tuesdays from 5:30 - 6:30 pm for eight weeks
beginning January 9, 2018**

For more information or to enroll, please contact:
Christine Waldron, LMFT - 661-259-9439 ext 3142

Child & Family Center
21545 Centre Pointe Pkwy • Santa Clarita, CA 91350
www.childfamilycenter.org • 661-259-9439