



Horizons Counseling & Education Center Smithtown Youth Bureau



“How to Deal With...” Anger and Frustration

Helping teens ages 14-17 to...

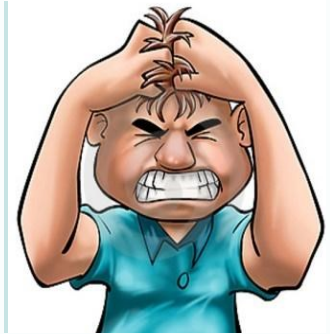
- Learn Coping skills and Recognize Emotional Triggers
- Practice Strategies to Deal with Emotions in a Healthy and Constructive Way
- Expand their Assertiveness Skills
- Explore Conflict Resolution Techniques

When:

Tuesdays
April 18, 25, May 2, 9, 16 2017
From 4pm-5pm

Where:

Horizons-Youth Bureau
Community Room
161 E. Main Street
Smithtown NY, 11787



Registration Deadline: April 11th

This is a free highly interactive program working with peers to learn new concepts and provides an opportunity to practice these valuable skills.

For more information or to register please contact: Kelly DeVito- kdevito@tosgov.com, 631-360-7578, or Janine Marc-Anthony- jmarc-anthony@tosgov.com, 631-360-7595

www.smithtownny.gov/youthbureau