

# CONFLICT & ANGER MANAGEMENT SESSIONS OFFERED AT HUHS

Student Services is offering an anger/conflict resolution group. The group will begin on February 14, and meet during resource for six weeks. The group is facilitated by Patti Christel, School Social Worker and Katrina Tywann from Independent First.



For questions or to sign up:

School Social Worker :

Patti Christel

262-670-3224

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All Sessions are FREE & held at HUHS

805 Cedar St. - Hartford, WI

| Day       | Date    | Time          | Class Topic   |
|-----------|---------|---------------|---|
| Wednesday | 2/14/18 | 2:00 – 2:45pm | <b>Intakes &amp; Introductions</b>  |
| Wednesday | 2/28/18 | 2:00 – 2:45pm | <b>Lesson One:</b> What is Conflict?<br>Understanding & Resolving Conflict                                  |
| Wednesday | 3/07/18 | 2:00 – 2:45pm | <b>Lesson Two:</b> What is Anger?<br>Understanding & Managing Anger   |
| Wednesday | 3/14/18 | 2:00 – 2:45pm | <b>Lesson Three:</b> Conflict Prevention<br>Tips & Practice   |
| Wednesday | 3/21/18 | 2:00 – 2:45pm | <b>Lesson Four:</b> Passive, Assertive<br>& Aggressive Anger Expressions                                    |
| Wednesday | 4/04/18 | 2:00 – 2:45pm | <b>Lesson Five:</b> How Anger Affects Self-Esteem<br><b>Lesson Six:</b> Conflict Relaxation Tips & Practice |