



Horizons Counseling & Education Ctr. - Smithtown Youth Bureau



ANGER Management

Helping teens to:

- Recognize what “normal” anger is
- Learn how to deal with anger in a healthy and constructive way
- Practice anger management skills

Where:

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

When:

Wednesdays
Jan. 11, 18, 25, Feb. 1, 8, 2017
From 4pm-5pm



For students ages 13-17 years old

Highly interactive program presents easily understood concepts and provides opportunity to practice valuable skills.

Free!

For more information or to register please contact: Kelly DeVito- kdevito@tosgov.com,
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www.smithtownny.gov/youthbureau