



Alternatives to Anger



The RELAX program will increase your awareness and understanding about anger and give you strategies for how to constructively manage it.

Topics covered include:

- Expressing emotions
- Navigating stress
- Resolving interpersonal conflict
- Taking another's perspective
- Feeling capable and whole
- Practicing listening skills
- Developing positive personal power

DATES: Mondays, 2020
March 2—May 4

TIME: 6:00—7:30 PM

PLACE: The Parenting Network
7516 W. Burleigh Street
Milwaukee, WI 53210

COST: \$100 Per Person
\$150 Per Couple

REGISTRATION:

Call the Parent Helpline

414-671-0566

*Participants must attend 8 of 10
classes to earn a certificate.*

Payment required to hold classroom slot.

No child care is provided.