



# TOWN OF BROOKHAVEN YOUTH BUREAU

## FREE Upcoming Fall 2018 Programs

Free support and educational groups offered to all Town of Brookhaven residents ages 12 – 21 years old and their families.

**Stress Management-** Learn to examine your thoughts about your stressors and gain techniques to minimize the stressors experienced in a typical day. Ages 15 – 18 years old.

**Anger Management-** Examine triggers of anger, learn to change how you look at situations, and develop healthy ways to express anger and frustration. Ages 14 – 21 years old.

**Girl's Support Group-** Learn how to express thoughts, feelings, and needs in positive ways. Resolve problems and conflicts through healthy communication skills. Discuss current trends and stressors. Ages 12 – 16 years old.

**Parenting Workshops-** Come discuss the challenges of parenting teens in these ever changing times. Learn more about the adolescent mind and how it affects their behavior.

*For more information or to sign-up, please contact the Youth Bureau at (631) 451-8011.*



### **Supervisor Edward P. Romaine**

Valerie M. Cartright, District 1 \*Michael Loguercio, District 4  
Jane Bonner, District 2 Neil Foley, District 5  
Kevin LaValle, District 3 Daniel Panico, District 6  
Donna Lent, Town Clerk Louis Marcoccia, Receiver of Taxes  
Daniel Losquadro, Highway Superintendent  
\* Youth Bureau Liaison

***Stress Management Group***  
**October 4, 11, 18, 25**  
**2:30 pm - 3:30 pm**  
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***Anger Management Group***  
**October 5, 12, 19, 26**  
**3:30 pm – 4:30 pm**  
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***Girl's Support Group***  
**October 2, 9, 16, 23, 30**  
**3:30 pm – 4:30 pm**  
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***Parenting Workshops***  
**October 1, 15, 22, 29**  
**3:30 pm – 4:30 pm**  
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