

R.E.L.A.X

Alternatives to Anger

*Class fee includes all
program materials:*

\$20.00* - individual

\$30.00* - family

**payment is non-refundable*

**Cash, check or money order only,
made payable to:*

MSU Extension-Macomb

Payment required to hold space!

Alternatives to Anger is an anger management curriculum developed by the Michigan State University Extension, Family and Consumer Sciences Program. The curriculum includes four lessons covering the following topics:

- *What anger is and what triggers it*
- *Problem solving and stress management skills*
- *Developing communication and problem solving skills*
- *Forgiving and letting go of the past*

Session/Dates:

Time:

Location:

1- **Tuesdays: Jan. 4th, 11th, 18th & 25th**

6:30 - 8:30 p.m.

MSU Extension - Macomb

2 - *Tuesdays: Mar. 8th, 15th, 22nd & 29th*

6:30 - 8:30 p.m.

Warren Civic Center Library

3 - **Tuesdays: May 3rd, 10th, 17th & 24th**

6:30 - 8:30 p.m.

MSU Extension - Macomb

4 - *Tuesdays, July 5th, 12th, 19th & 26th*

6:30 - 8:30 p.m.

Warren Civic Center Library

5 - **Saturdays, Sept. 10th & 17th**

9:00 - 12:00 p.m.

MSU Extension - Macomb

6 - *Tuesday, Nov. 8th, 15th, 22nd & 29th*

6:30 - 8:30 p.m.

MSU Extension - Macomb

You must attend all classes indicated for the Session, in order to receive a Certificate of Completion. Also, anyone attending that is under 18, MUST HAVE A PARENT OR ANOTHER ADULT REGISTERED WITH THEM. The adult must be present during all sessions.

Presented by:

*Jean Lakin, Extension Educator Family Programs
Su Porter, Extension Educator - Retired*

*"Though no one can go back and make a brand new start,
anyone can start now and make a brand new ending"
-Carl Bard*

**Advanced registration
and payment is
REQUIRED!**

**Please call:
586-307-8952**

Session requested*: Jan. 2011 Mar. 2011 May 2011 Jul. 2011 Sept. 2011 Nov. 2011

Name(s): _____ over 18 _____ over 18

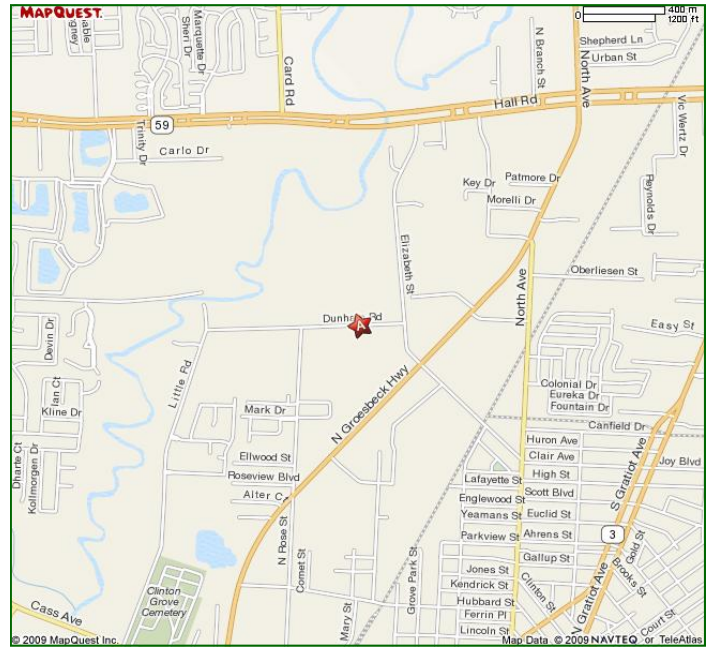
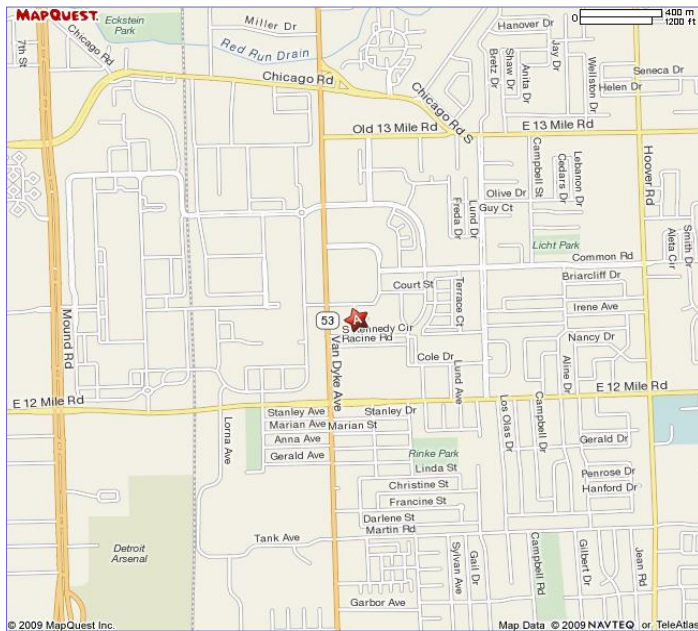
_____ over 18 _____ over 18

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Court Ordered?: No Yes If yes, please indicate court and PO's Name _____

MSU Extension - Macomb
21885 Dunham Road
Entrance "E" (rear of bldg.)
Clinton Township, MI 48036



Warren Civic Center Library
1/4 mile N of 12 Mile, 2 blocks E of VanDyke
1 City Square, Suite 100 (Conf Room)
Warren, MI 48093

MSU Extension provides information and offers on-going education programs in three areas:

- *Agriculture and Natural Resources*
- *Children, Youth and Family Programs*
- *Community and Economic Development*

For information on additional programs available, please visit our website at:

www.macombcountymi.gov/msuextension

MSU Extension
"Bringing Knowledge to Life"

This cost of this class is as follows:

\$20.00* - individual

\$30.00* - family

**payment is non-refundable*

**Cash, check or money order only, made payable to:*

MSU Extension-Macomb
Attn: Family Programs
21885 Dunham Road - Ste 12
Clinton Township, MI 48036

NON-REFUNDABLE payment is required to hold space!

Please note that there is a \$25.00 fee charged for any returned checks.