



Alternatives to Anger

Mark A. Hackel
County Executive

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!

R.E.L.A.X

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. 10th, 17th, 24th & 31st	6:30 - 8:30 p.m.	MSU Extension - Macomb
2 - Tuesdays, Mar. 6th, 13th, 20th & 27th	6:30 - 8:30 p.m.	Warren Civic Center Library
3 - Tuesdays, May 1st, 8th, 15th & 22nd	6:30 - 8:30 p.m.	MSU Extension - Macomb
4 - Saturdays, July 14th and 21st	9:00 - 12:00 p.m..	MSU Extension - Macomb
5 - Tuesdays, Sept. 4th, 11th, 18th & 25th	6:30 - 8:30 p.m	Warren Civic Center Library
6 - Tuesdays, Nov. 6th, 13th, 20th & 27th	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, Health and Nutrition Institute

"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. 2012 Mar. 2012 May 2012 Jul. 2012 Sept. 2012 Nov. 2012

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 Center - Macomb County

21885 Dunham Road, Suite 12

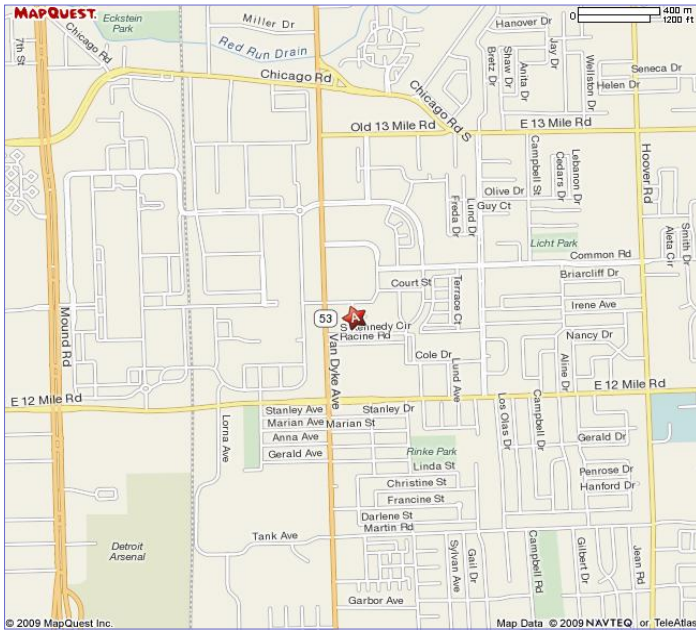
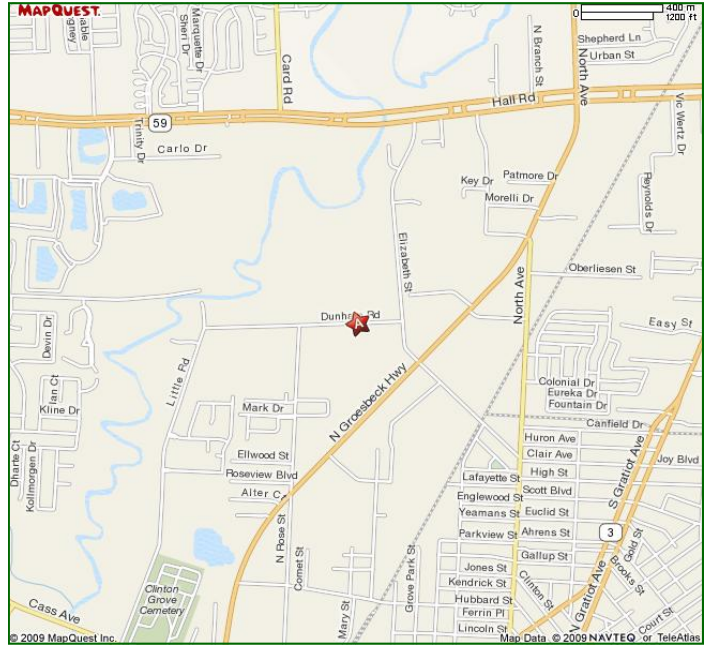
Clinton Township, MI 48036

<http://www.macombcountymi.gov/msuextension/>

Ph: 586-469-5180

Fx: 586-469-6948

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"

The cost of this class is as follows:

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Attn: Alternatives to Anger

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.