

RETHINK

Michigan State University Extension

An Anger Management Program for Parents

When

Monday – Oct. 6, 20, 27, & Nov. 3, 2008

Time

6:30 pm- 8:30 pm

Where

LLRC – County Service Center
4135 Washtenaw Ave.
Ann Arbor, MI 48108
Corner of Washtenaw Ave. & Hogback Rd.

Cost

\$20.00 per person or couple

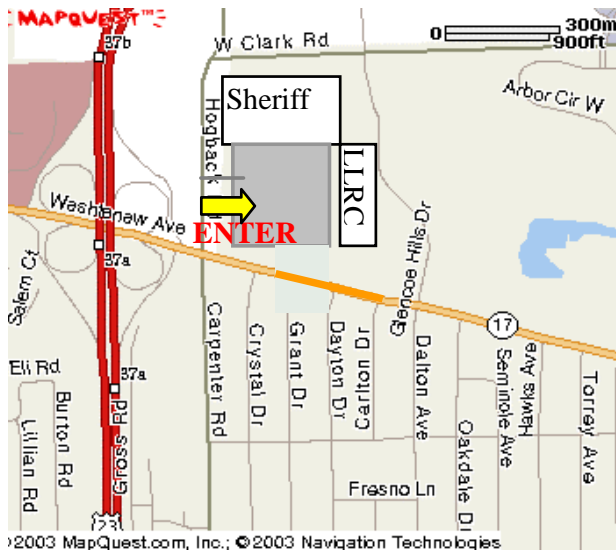
Details

This program is about anger management for parents.
Participants will:

- Learn to deal with children's challenging behaviors
- Understand your child's development
- Learn to recognize when you are angry and what triggers your anger
- Learn to hear another's point of view
- Learn to be a better listener
- Learn when to walk away

A minimum of 10 participants required in order to hold this class.

Pre-Registration is required by calling 734.222-3943 by October 3, 2008



LLRC Directions

From US-23 take Exit 37B (Ypsilanti) onto Washtenaw Avenue (East). At first intersection turn left (North) on Hogback. Turn right into the Washtenaw County Service Center just past the corner.