



Anger Management/Violence Prevention:

A new curriculum is being introduced to tailor the discussion of anger and violence to middle school and high school aged teens and high school-aged teens. Teens attend four 2-hour sessions (or two 4-hour summer sessions). Contact CLEAN to schedule an enrollment appointment before admission to this class. (Sliding scale fees apply.)

Anger Management (middle school):

- Identifying anger triggers
- Physiological effects of anger
- Explore "thing-feel-act" effect of anger
- Strategies for dealing with anger

Violence Prevention (high school):

- Degree of anger
- Society influence and expectations
- Exploring risk factors
- Strategies for preventing violence