



## Youth Workshop *Boys—Grades 4, 5, 6*



### **Overcoming Frustration and Anger**

A four-session workshop for **Boys in Grades 4, 5, 6**

Presented by Joe Lilly, LMSW

The program will focus on understanding the triggers to anger and how to constructively respond. Using discussion and instruction, the participants will:

- \* ***Learn valuable tools to control anger***
- \* ***Learn effective strategies to better understand feelings***
- \* ***Learn helpful approaches to accomplish goals***
- \* ***For Parents: Listen to and identify different emotions behind anger***
- \* ***For Parents: Assist with anger management***

Youth Sessions: **October 7, 14, 21** - 6:00-7:30 pm

Parent Only Session: **October 28** - 6:00-7:30 pm

Pizza served at all sessions

**Space is limited: [register now!](#)**



#### **Location:**

**Troy School District  
Service Center Building  
4420 Livernois Road, Troy 48098**

#### **To Register:**

**[Click here](#) to sign up and pay the  
\$20 Registration Fee**

or go to <https://www.signupgenius.com/go/30e0a49a9ab28a6f49-overcoming>

**TroyYouthAssistance@troy.k12.mi.us**

**248-823-5095**