

RELAX

Alternatives to Anger



The RELAX program will increase your awareness and understanding about anger and give you strategies for how to constructively manage it.

Topics covered include:

- Expressing emotions
- Navigating stress
- Resolving interpersonal conflict
- Taking another's perspective
- Feeling capable and whole
- Practicing listening skills
- Developing positive personal power

Two sessions in 2020

DATES: TUESDAYS or MONDAYS

January 14 to March 17	March 2 to May 4
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TIME: 6:00—7:30 PM

PLACE: The Parenting Network
7516 W. Burleigh Street
Milwaukee, WI 53210

COST: \$100 Per Person
\$150 Per Couple

REGISTRATION:

Call the Parent Helpline

414-671-0566

*Participants must attend 8 of 10
classes to earn a certificate.*

Payment required to hold classroom slot.

Child care is NOT provided.