



RELAX: Alternatives to Anger Online

DATES:

Four sessions-
June 20– 23, 2022
Noon—1 pm

LOCATION:

On-line via Zoom
Participants will receive
email prior to first session
that will provide Zoom link
and series paperwork.

COST: Free

REGISTER On-Line:

[https://
events.anr.msu.edu/
OnlineRELAXJune22JK
T/](https://events.anr.msu.edu/OnlineRELAXJune22JK)

Presenters:

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RELAX: Alternatives to Anger helps teens, adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem solving skills needed for healthy relationships.

Participants will learn:

- What anger is
- What triggers anger
- Calming down and de-stressing methods
- Problem solving
- Effective communication skills
- Forgiving and letting go of the past

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