

Managing Emotions



Transforming Anger To PERSONAL POWER

FREE

Classes start on dates listed below

**Monday, June 3
or Thursday, June 6**

Layton Office

934 S. Main St. Layton

9AM	10AM
4th — 6th graders	1st — 3rd graders

Tuesday, June 4

Syracuse Elementary

1503 S. 2000 W. Syracuse

9AM	10AM
4th — 6th graders	1st — 3rd graders

Or

Bountiful Elementary

1620 S. 50 W. Bountiful

9AM	10AM
4th — 6th graders	1st — 3rd graders

*A Six Week Educational Program
that will help participants learn
healthy ways to control emotions.*

Topics include:

- Emotional awareness: fear, embarrassment, sadness, frustration, worry, anger, etc.
- Identifying internal and external triggers and anger cues
- Learning about the anger cycle
- Strategies to manage emotions
- Communications skills
- Stress management
- Empathy training



TO REGISTER:

**Contact Angie Smith at 801-773-7060 ext.
502 Or online at www.dbhprevention.org**

*Limited class size. Each class meets
once a week for 6 weeks consecutively,
expect the Thursday class will skip July
4th and end on July 18th.*

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