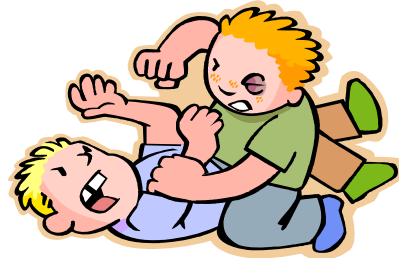


Chill Out

Helping Kids Manage Anger



What is it?

Chill Out is a 6 week anger management program for children and youth.

New classes
are forming
now.

Call to
register.

When is it?

Tuesday Evenings
Elementary Ages-5:30-6:30
Adolescent Ages 6:45-7:45

How much is it?

No registration fee. \$25 per session

Call for class dates and availability.

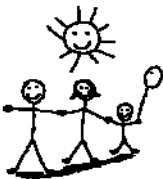
Topics Covered:

Identifying Problem Situations and Triggers

De-Escalating Anger Positive Anger Expression Assertiveness

Negative Effects of Anger

Couples & Kids



Central Virginia's Counseling Center for Families

Phone: (434) 316-9339 Fax: (434) 316-7025

110 Vista Centre Drive Forest, VA 24551

www.couplesandkids.com