



# Anger Management

## for Youth Registration

Join us for the online training Anger Management for Youth. During this free, interactive training, participants will learn strategies to identify and cope with their anger in healthier ways and be the bigger person. No CEUs are available for this training as it is geared toward youth. A certificate of completion will be available.

Anger Management for Youth will be offered on the following dates and times:

Jan 12: noon-1pm

Feb 3: 3:30p-4:30pm

March 8: 3:30p-4:30pm

April 12: 10a-11am

May 12: 1p-2pm

June 14: 3p-4pm

July 12: 10a-11am

Aug 16: 3:30p-4:30pm

Sept 27: noon-1pm

Oct 17: 3p-4pm

Nov 10: 10a-11am

Dec 12: 3:30p-4:30pm

Register Here:

[https://wvu.qualtrics.com/jfe/form/SV\\_8JIOimE5heUfaN8](https://wvu.qualtrics.com/jfe/form/SV_8JIOimE5heUfaN8)

Training Objectives:

- Identify what it feels like to be angry
- Discuss stress reduction tactics
- Practice relaxation strategies such as progressive muscle relaxation

For more information please contact us at **855-558-4296** or at [pbs@hsc.wvu.edu](mailto:pbs@hsc.wvu.edu).