



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:

From 4p-5p on the following dates:

January 24, 2023

March 28, 2023

May 23, 2023

July 25, 2023

September 26, 2023

November 28, 2023

Register Here:

https://wvu.qualtrics.com/jfe/form/SV_8eIDegCu84oed5Y



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.