

# Anger Management for Youth Registration

Anger Management for Youth is a free, interactive session where participants will learn strategies to identify and cope with their anger in healthier ways. Parents and caregivers are highly encouraged to attend with their child. This training is designed for youth ages 8-17 years of age, though sessions are separated by age range, elementary (8-12 years) and secondary (13-17). A certificate of attendance will be given at the end of the session after completing a survey.

January 23, 2024 (elementary)	4–5 p.m.
March 26, 2024 (secondary)	4–5 p.m.
May 28, 2024 (elementary)	4–5 p.m.
July 30, 2024 (secondary)	4–5 p.m.
September 24, 2024 (elementary)	4–5 p.m.
November 26, 2024 (secondary)	4–5 p.m.

## Register:

[https://wvu.qualtrics.com/jfe/form/SV\\_6P6g0xvuPgRIkrk](https://wvu.qualtrics.com/jfe/form/SV_6P6g0xvuPgRIkrk)

## Training objectives:

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



Because this is a session for children and adolescents, there are no CEUs available. Providers and educators interested in becoming a facilitator can find more information about the facilitator training here:

<https://pbs.cedwvu.org/pbs-trainings/facilitator-training-anger-management-for-youth/>