

# 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 10-17, though sessions are separated by age range: elementary (8-12) and secondary (13-17). A certificate of attendance will be given upon completion of end of session survey.

AGE	DATE	TIME
Elementary	January 28, 2025	4:00 – 5:00 p.m.
Secondary	February 25, 2025	4:00 – 5:00 p.m.
Elementary	March 25, 2025	4:00 – 5:00 p.m.
Secondary	April 29, 2025	4:00 – 5:00 p.m.
Elementary	May 20, 2025	4:00 – 5:00 p.m.
Secondary	June 24, 2025	4:00 – 5:00 p.m.
Elementary	July 29, 2025	4:00 – 5:00 p.m.
Secondary	August 26, 2025	4:00 – 5:00 p.m.
Elementary	September 30, 2025	4:00 – 5:00 p.m.
Secondary	October 28, 2025	4:00 – 5:00 p.m.
Elementary	November 25, 2025	4:00 – 5:00 p.m.
Secondary	December 16, 2025	4:00 – 5:00 p.m.

Register: [https://wvu.qualtrics.com/jfe/form/SV\\_2rtxRezACu1AvX0](https://wvu.qualtrics.com/jfe/form/SV_2rtxRezACu1AvX0)

## 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/>