

PUTTING YOUR ANGER TO WORK FOR GOOD

Most people believe that anger is a negative emotion from which no good can come. Many people think that anger should not be expressed and that such feelings are wrong. *The What's Good About Anger* curriculum explores the emotion of anger and how anger—which is part of the human experience—can be put to work for good. Teens will learn:

- Triggers for Anger
- Anger's Many Faces
- Bullying
- When Anger is Good
- Managing Stress
- Handling Anger Effectively
- Conflict Resolution
- Turning Anger into Forgiveness
- When to Take a Time-Out
- Effective Anger Management Strategies
- Real Life Scenarios
- Coping Skills
- Managing Aggression and Hostility and much more.

QUESTIONS? INTERESTED?

757.306.1840

757.498.4673



OUR MISSION

Seton Youth Shelters shall provide a safe haven, counseling and outreach services, 24 hours per day, without charge, to assist youth in crisis throughout Hampton Roads with the goal of reuniting families.

GIRLS' SHELTER

465 Kings Grant Road
Virginia Beach, VA 23452
Telephone: 757.306.1840
Fax: 757.306.1843

BOYS' SHELTER

642 North Lynnhaven Road
Virginia Beach, VA 23452
Telephone: 757.498.4673
Fax: 757.340.5768



Seton Youth Shelters
Changing Lives, Building Futures

Debbie Phillips, Shelter Program Director
dphillips@setonyouthshelters.org

www.setonyouthshelters.org
24-hour hotline 757.498.HELP (4357)
Toll-Free: 1.866.751.7640

facebook.com/SetonYouthShelters



Seton Youth Shelter
Changing Lives, Building Futures

ANGER MANAGEMENT PROGRAM FOR TEENS



Seton Youth Shelters' Anger Management Program utilizes the *What's Good About Anger?* curriculum which is an Anger Management Program for Teens developed by the Anger Management Institute and provides evidence based approaches for managing anger.

setonyouthshelters.org
24-hour hotline 757.498.HELP (4357)

facebook.com/SetonYouthShelte

ABOUT THE PROGRAM

Seton Youth Shelters' Anger Management for Teens Program is designed for teenagers who are:

- having difficulty managing anger
- not communicating respectfully
- demonstrating low self-esteem

The program is comprised of six group meetings that address:

- Anger—Friend or Foe
- The Process of Anger—Its Triggers
- What is Good About Anger
- Defusing Anger By Managing Stress
- Handling Anger Effectively
- Anger and Assertiveness
- Managing Conflict
- Turn Your Anger into Forgiveness
- When to Take a Time-Out
- Plan to Change Your Life by Changing Your Thinking
- How Emotional Intelligence Impacts Anger
- Building Healthy and Successful Relationships
- Choosing Behavior Alternatives
- Defusing Anger and Hostility and Dealing with Bullying
- Accepting Responsibility for Unhealthy Anger
- Facing the Consequences of and Interrupting Aggression.



ANGER MANAGEMENT FOR TEENS

Program is held on Mondays from
- 6 - 8 pm at

St Aidan's Episcopal Church
3201 Edinborough Drive
Virginia Beach, VA 23452



FOR MORE INFORMATION, CONTACT:

Ebony Oliver

eoiliver@setonyouthshelters.org

757.306.1840

OR

757.498.4673

REGISTRATION FORM

Date: _____

Name of Parent: _____

Name of Teen: _____

Age of Teen: _____

Home Phone: _____

Cell Phone: _____

Referring Agency: _____

Please call for
mailing address.

757.306.1840

OR

757.498.4673

Upon completion of the six-week program, all participants will receive a certificate of successful completion.