



# Seton Youth Shelters

Changing Lives, Building Futures



Seton Youth Shelters is a National Safe Place licensed agency.

## ANGER MANAGEMENT PROGRAM FOR TEENS

This program is **free of charge** and designed for teenagers ages 13 up to 18 years old who are having difficulty managing anger, not communicating respectfully, and/or demonstrating low self-esteem

### 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" Program 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:

- The process of anger and its triggers
- Turn your anger into forgiveness
- What is good about anger
- When to take a time-out (break)
- Defusing anger by managing stress
- Plan to change your life by changing your thinking
- Handling anger effectively
- How emotional intelligence impacts anger
- Anger and assertiveness
- Building healthy and successful relationships
- Managing conflict
- Choosing behavior alternatives
- Accepting responsibility for unhealthy anger
- Defusing anger, hostility and dealing with bullying

**For Additional Information, Assessment and Registration Contact:**  
**Youth Outreach Programs at Seton Youth Shelters**  
**Telephone Number and Voicemail: (757) 406-5522**

**Office Hours: Monday – Friday 9:30 a.m. to 4:30 p.m.**

**Voicemail is available 24-Hours a day.**

Vocemails need to include a clearly stated Name and Telephone Number.  
Youth Outreach Staff will return calls by the next business day.

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 that provides evidence based approaches for managing anger.

The program is comprised of 13 virtual group sessions utilizing the "Goto Meetings" platform and one, 30 day follow-up phone call. All virtual sessions are conducted via session invitations through a valid email and/or smartphone text.

They are:

- One hour Assessment and Registration session with student and parent/guardian present.
- 11, one hour student sessions held three times a week (Tuesdays, Wednesdays and Thursdays) at 4:00 p.m.
- One, 30 minute post-course meeting with student and parent/guardian.

**Note:** Each course session is video/audio recorded for supervision purposes. Attendance is essential, there are no make-up sessions. Certificate of Completion is awarded after all assessments, pre and post-questionnaires are submitted.

101 N. Lynnhaven Rd., Ste. 101, Virginia Beach, VA 23452

[www.setonyouthshelters.org](http://www.setonyouthshelters.org)

Admin Office: 757.963.5795

24-hour crisis hotline: 757.963.4357

