



# RELAX: Alternatives to Anger

**DATE & TIME:**  
August 11, 18, 25,  
September 1, 8  
10—11 am

**LOCATION:**  
Online Via Zoom

**REGISTER:**  
[https://  
events.anr.msu.edu/  
RELAXAlternativestoA  
ngerOnlineAS20/](https://events.anr.msu.edu/RELAXAlternativestoAngerOnlineAS20/)  
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RELAX: Alternatives to Anger helps teens, adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem solving skills needed for healthy relationships.

Participants will learn:

- What anger is
- What triggers anger
- Calming down and de-stressing methods
- Problem solving
- Effective communication skills
- Forgiving and letting go of the past

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### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](http://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](http://www.msue.msu.edu)**

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