



# RELAX

## Alternatives to Anger ONLINE

**DATES:** August 12-15  
2024

**Noon - 1 pm each day**

**LOCATION:**

On-line via Zoom

Participants will receive email prior to first session that will provide Zoom link and series paperwork.

**COST:** Free

**REGISTER On-Line:**

[https://  
events.anr.msu.edu/  
REALXOnlineAug24JK/](https://events.anr.msu.edu/REALXOnlineAug24JK/)



**Presenters:**

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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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