



RELAX Alternatives to Anger ONLINE

DATES: July 8 - 11 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/
RELAXOnlineJuly24JK/](https://events.anr.msu.edu/RELAXOnlineJuly24JK/)



Presenters:

Jacqui Rabine

rabineja@msu.edu

(248) 930-4125

Kris Swartzendruber

swartze6@msu.edu



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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