

KEEPING COOL

Learn important life skills to manage stress & anger:

- Understand how stress & anger works in your brain & body
- Identify what makes you stressed & angry
- Know how to handle difficult thoughts & feelings
- Practice safe ways to 'let off steam'
- Practice how to talk so your parents / family and friends listen & understand
- Feel good about yourself as you take action towards what matters most to you
- Know how to resolve conflicts by finding win:win solutions



Who

Young people aged 12-17

When

Thursdays 3:30pm-5:00pm for 6 weeks

Start Thurs 1st Mar, Finish 5th April 2018

Celebration Thurs 12th April 3:30-5:00pm

Parents Info Session

Thurs 22nd February 4:30-5:30pm

Cost

FREE

Facilitators

Sara Phillips

Register

☎ 6588 7300

sara.phillips@each.com.au

Numbers limited—Book Early

Where

10-12 Short St, Port Macquarie

