

# Managing Emotions



## Transforming Emotions To PERSONAL POWER

FREE

Classes are held throughout Davis County all year long.

To find a current listing of available classes, click the register button on the website.

Parents are not allowed in the class room, only children attend. Parents will receive a detailed email each week explaining what was taught.

*Limited class size*

*Each class meets once a week for 6 weeks.*

*A Six Week Educational Program that will help participants learn healthy ways to control emotions.*

### Topics include:

- Emotional awareness: fear, embarrassment, sadness, frustration, worry, anger, etc.
- Identifying internal and external triggers and anger cues
- Learning about the anger cycle
- Strategies to manage emotions
- Communications skills
- Stress management
- Empathy training

### TO REGISTER:

Contact Angie Smith at 801-773-7060 ext. 502

Or online at [www.dbhprevention.org](http://www.dbhprevention.org)

