

RELAX

Alternatives to Anger



The **RELAX** and **Triple P Pathways** programs will increase your awareness and understanding of anger and give you strategies for how to constructively manage it. Topics covered include:

- Expressing emotions
- Learning to de-stress
- Resolving interpersonal conflict
- Taking another's perspective
- Feeling capable and whole
- Practicing listening skills
- Confronting negative, unhelpful thoughts
- Developing coping statements and plans



DATES

Winter 2026!!

Mondays

January 26 - March 30

TIME

6:30 to 8 PM

PLACE

ZOOM

(call Helpline to get Zoom link)

COST

\$100/person

REGISTRATION

Call the Parent Helpline

414-671-0566

- This class series includes RELAX (University of Michigan-Extension) & Triple P Pathways Curricula.
- Students must participate in 8 of 10 Zoom classes with their camera on and complete all assigned homework to earn a certificate.
- Students must complete 12 instruction hours.
- There are pre and post surveys for this class.
- Assignments and surveys are submitted online.
- *Class sessions are interactive; be prepared to share with your classmates and instructors.*