



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

Summer 2026!!

7 Wednesdays,
July 8th to August 19th

TIME

10:30 AM-12:30 PM

PLACE

Capitol Drive Library
3969 North 74th Street
Community Room

COST

FREE for Adults!
No Child Care Provided

REGISTRATION

Call the Parent Helpline

414-671-0566

- This class series includes RELAX (University of Michigan-Extension) & Triple P Pathways Curricula.
- Students must attend 6 of 7 classes 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.*