Alternatives to Anger

Train the Trainer Workshop For Agency Personnel *Holland*

Friday
April 20, 2012
9:00-4:00
MSUE Ottawa
12220 Fillmore
Room E
West Olive, MI 49460

$80 Registration Fee
Deadline: 4-13-12
** includes curriculum*

Facilitated by:
Holly Tiret and Suzanne Pish
MSUE Extension Educators
Health and Nutrition Institute
Social Emotional Health

For more information contact:

Holly Tiret
MSUE Kent/Ottawa/Allegan
775 Ball Ave NE
Grand Rapids MI 49503
616-336-8998
tiret@anr.msu.edu

Registration form on back

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After attending this one-day workshop, agency personnel will be able to facilitate MSU Extension's Alternatives to Anger—RELAX curriculum. Potential audiences for this research-based program include agency staff members, clients, parents and caregivers. Workshop participants will receive: curriculum materials, supporting activity ideas, and an evaluation tool

Participants Will...

R *Understand child and human development and how to RECOGNIZE when people are angry, what triggers that anger and how to cope.*

E *Learn to EMPATHIZE with another's point of view.*

L *Learn to be a better LISTENER.*

A *Learn ACCEPTANCE to deal with challenging behaviors by developing problem-solving skills.*

X *Learn to X-OUT the past and focus on the present.*

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Alternatives to Anger

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REGISTRATION FORM

Alternatives to Anger Train the Trainer

Holland

Advanced Registration Required

Workshop Date: **Friday, April 20, 2012**
Time: **9:00 am to –4:00 pm** ***(lunch on your own 11:15-12:45)***
Place: **MSUE Ottawa, 12220 Fillmore, Room E, West Olive, MI 49460**

Name : _____

Address: _____

Phone: _____

Email: _____

A minimum of 8 participants is required in order to hold this class.

Please mail **$80** check or money order **payable to MSU Extension** and this registration form by **April 13, 2012** to the address below.

MSU Extension
Holly Tiret
775 Ball Ave NE
Grand Rapids MI 49503
Phone: 616-336-8998
Fax: 616-336-3836
tiret@anr.msu.edu

Accommodations for persons with disabilities may be requested by contacting Holly Tiret at 616-336-8998 by 4-1-12 to make arrangements. Requests received after this date will be fulfilled when possible.

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