

This is W.A.C.K.!

When **A**nger **C**ontrols **K**ids

W.A.C.K.

An Anger Management 'Learning Group'

-For kids 8-13 years old who experience anger but don't have the skills to handle these intense feelings and probably don't understand how they got so angry in the first place.

Attend at NO cost!



Kids will be introduced to group lessons, discussions & activities that will help them identify:

- **Who** they can become
- **What** they are feeling
- **When** they should recognize that they need to ask for help or walk away
- **Where** they can go to 'cool off'
- **Why** they get so angry (their 'triggers')
- **How** to verbalize their needs, fears, hopes and dreams

W.A.C.K. meets the 2nd and 4th Wednesday of each month from **5:00-6:00 PM.**

For any questions or to call and **reserve a spot** for your child/youth:

Call **NRCIL 315-785-8703**

