

This is W.A.C.K.!

When Anger Controls Kids

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 **5:30-6:30 PM**
with 'parent chat' from **6:30-7** if desired.

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

Call **NRCIL 315-785-8703**

