

ROCHESTER AREA YOUTH ASSISTANCE PRESENTS

# Overcoming Frustration and Anger

A four-session workshop for **Boys in Grades 4, 5, 6**

Presented by Joe Lilly, LMSW



*This program will focus on understanding the triggers to anger and how to constructively respond. Boys learn tools to control anger, strategies to understand feelings and helpful approaches to accomplish goals. Parents learn to identify different emotions behind anger and how to assist with anger management.*

Youth Sessions: February 27, March 5, March 12

**Parent Only Session: March 19**

6:30-7:45 PM

Location: Chief Financial Credit Union  
Conference Room (200 Diversion St)

Offered to you by Rochester Area Youth Assistance (RAYA)  
in partnership with Rochester Community Schools

**Call or email RAYA to register:**

**248-656-3558 or [raya@rochester.k12.mi.us](mailto:raya@rochester.k12.mi.us)**

Space is limited to 10 boys. Advance registration is required. \$10 fee

\*\*Please only register if you can commit to attend all four sessions

