



# Horizons Counseling & Education Ctr. - Smithtown Youth Bureau



# ANGER Management

Helping teens to:

- Recognize what “normal” anger is
- Learn how to deal with anger in a healthy and constructive way
- Practice anger management skills

## Where:

Horizons-Youth Bureau  
Community Room  
161 E. Main Street  
Smithtown NY, 11787

## When:

Wednesdays  
Jan. 11, 18, 25, Feb. 1, 8, 2017  
From 4pm-5pm



**For students ages 13-17 years old**

Highly interactive program presents easily understood concepts and provides opportunity to practice valuable skills.

# Free!

For more information or to register please contact: Kelly DeVito- [kdevito@tosgov.com](mailto:kdevito@tosgov.com),  
631- 360-7578, or Janine Marc-Anthony- [JAnthony@tosgov.com](mailto:JAnthony@tosgov.com), 631-360-7595  
[www.smithtownny.gov/youthbureau](http://www.smithtownny.gov/youthbureau)