

# *Calm Is Cool:* *Child Anger Management Group*

Calm Is Cool is an anger management group for children 8 to 10 years of age. Children will be educated about techniques to release anger, feel more in control of themselves and gain a sense of how good it feels to be calm.

Children will learn how to:

- Identify triggers of anger
- Talk about thoughts and feelings
- Use anger management coping skills when needed
- Make better choices in all settings

Located At:

**Bayside Counseling**

1921 Boston Post Road

Westbrook, CT

860-399-9500

Presented By:

**Dena Otrin, LPC, NCC**

Licensed Professional Counselor

National Certified Counselor

This group will meet every other Saturday for eight weeks from 9:30am to 10:30am. Start date is based upon interest.

Most insurances accepted or self-pay is \$30.00 per session.

*Space is limited! Register Today!*

