

# Anger Management

**No one can make you feel inferior without your consent.**

- Eleanor Roosevelt

*The Center for Nonviolence asks youth to answer the question*

**Why Try?**

We work with youth to show them how they are allowing their anger to control them and then show them steps to take control of their anger.



The certified facilitators of the Center facilitate the program by using dialogue, hands-on activities, and accountability logs.

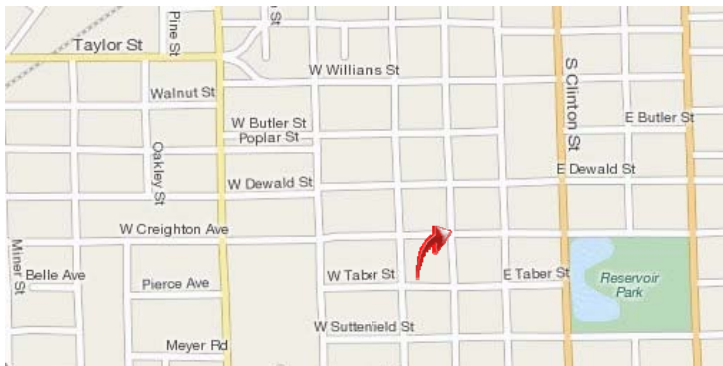
**We offer groups for young people between the ages of 7 and 17 who have experienced violence as a victim, perpetrator, or both.**

*All services offered in English and Spanish*

## Program goals:

Participants will learn to...

- Understand violence and nonviolence and the effects of each
- Understand and take accountability for their thoughts, words, body language, and actions
- Change the patterns of indifference towards life... the "I don't care" attitude.
- Recognize, manage, and control their anger
- Handle confrontational or risky situations
- Resist negative peer pressure
- Think critically about their life



## How do we get started?

### Call:

(260)456-4112 to sign-up for our next orientation

### Location:

**Center for Nonviolence**  
235 West Creighton Ave.  
Fort Wayne, IN. 46807

***Inspiring Change. One Person...One Family...One World***