



# Coping with Anger in Children and Adolescents

Presented by Bob Downs, MS, LMFT

**Wed., October 7**  
7-8:30 PM

**Woodbury, East Ridge High School**  
4200 Pioneer Dr., Woodbury

**Thurs., October 22**  
7-8:30 PM

**Stillwater, Stillwater Area High School**  
5701 Stillwater Blvd. N., Oak Park Heights

**Tues., October 27**  
7-8:30 PM

**No. St. Paul/Maplewood/Oakdale, North High School**  
2416 East 11th Ave., North St. Paul

**Thurs., November 5**  
7-8:30 PM

**Mahtomedi, District Education Center**  
1520 Mahtomedi Ave., Mahtomedi

**Thurs., November 12**  
7-8:30 PM

**Forest Lake, Central Learning Center**  
200 SW 4th St., Forest Lake

**Thurs., November 19**  
7-8:30 PM

**Cottage Grove, Cottage Grove Middle School**  
9775 Indian Blvd., Cottage Grove

Anyone who parents or works with children and teens will want to join Bob Downs, MS, LMFT, for this enlightening workshop on anger.

As a result of this training, participants will be able to identify and understand:

- Reasons for anger and defiance in children and teens
- Dynamics between parents, parenting styles, and family dynamics that encourage anger
- How anger escalates and steps to de-escalate it in demanding situations
- Strategies to reduce the need for anger in children and teens

**FREE but registration is required. To register call  
Mahtomedi Community Education at 651-407-2014**

*Sponsored by Forest Lake, Mahtomedi, No. St. Paul/Maplewood/Oakdale, So. Washington Co., and Stillwater Community Education departments, Promoting Positive Parenting, and the Chemical Health Action Collaborative (CHAC) in Washington County. CHAC's mission is to prevent and reduce youth chemical use and related family chemical health issues by coordinating education, intervention, and treatment efforts. Funding for this workshop was made possible by the Andersen Corporate and Fred C. and Katherine B. Andersen Foundations and the Drug Free Communities Support Program (fiscal agent Human Services, Inc.) from the Office of National Drug Control Policy (ONDCP) and the Department of Health and Human Services (DHHS). The views expressed in written workshop materials or publications and by speakers and moderators do not necessarily reflect the official policies of the ONDCP and DHHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*