



In partnership with Tri County Health,
Alternatives to Family Violence and
Adams County Human Services Department



Anger Management

Date: Tuesdays, November 3–December 1, 2009

Time: 6:00pm – 8:00pm

Location: Goals, Inc.
9351 E. Washington Street
Mobile Unit 1A (#369)
Thornton, CO 80229

Call (303) 637-8114 for more information or to register

Family Success in Adams County

Food and childcare will be provided.

Are you interested in learning:

- How to manage anger effectively?
- How to develop self-control over thoughts and actions?
- How to accept support from others?

Then you may want to participate in this free study called **Family Success in Adams County**. As part of the study, you will be asked to take part in one or more educational programs that will address topics like the ones above, complete up to two surveys and meet with a family development counselor twice a year for a two year period.

Participation does not guarantee personal success, but will provide valuable skills and tools to use at home or in life situations.

Colorado State University Extension, U.S. Department of Agriculture, and Adams County cooperating. Extension programs are available to all without discrimination. Funding for this project provided by the United States Department of Health and Human Services Administration for Children and Families Grant # 90FE0028.