

# R.E.A.C.H.

*Recognizing and Exploring Anger, Conflict and Hope is a program designed to help adolescents, ages 14-16, look at and address their anger.*

*In this program, we will explore where anger comes from, how it impacts relationships and strategies for managing anger.*



*Serving the Counties of Washington, Chisago and Anoka*



[www.ysblakesarea.org](http://www.ysblakesarea.org)

651-464-3685

Forest Lake, MN 55025

244 North Lake Street

Lakes Area Youth Service Bureau



*Ensuring the*  
**SUCCESS**  
*of Youth*

and  
**E**xploring  
**A**nger  
**C**onflict  
and  
**H**ope



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## What can you expect?

- Look at where anger comes from
- Learn decision making skills
- Give and get support
- Learn anger management skills
- Understand what triggers anger
- Learn to notice when anger is escalating
- Learn to improve relationships

# Recognizing and Exploring Anger Conflict and Hope

*R.E.A.C.H. is led by an  
LAYSB Youth & Family  
Counselor*

## Do you want to...

- understand your anger?
- quit hurting those around you?
- understand yourself better?
- get along better with authority figures?
- stop letting anger interfere with your goals?

All sessions are held at LAYSB's  
office in Forest Lake

There are on-going start dates for  
R.E.A.C.H.

*Pre-payment is required  
Cash • Check • VISA • MasterCard*

For more information call:  
**651-464-3685**

Lakes Area Youth Service Bureau provides support and guidance to youth ages 10-18 and their families.

Our mission is to ensure the success of youth by offering programs and services that reflect our belief that youth will be successful when relationships are strong, communities are caring, families are involved and supportive, harmony is restored and youth have the necessary skills and opportunities for responsible citizenship.



Lakes Area Youth Service Bureau is a non-profit 501(c)3 community agency serving youth and their families. Services are available to residents of Washington, Chisago and Anoka counties. Financial support from counties, local communities and other sources allow our fees to remain low.