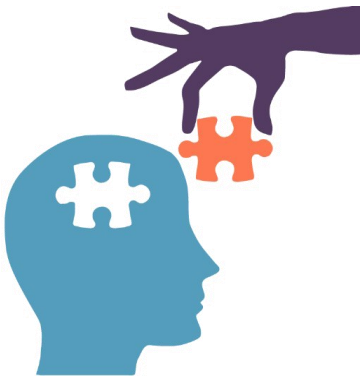


The Town of Brookhaven Youth Bureau Presents:



TIPS FOR TEENS: ANGER MANAGEMENT & MINDFULNESS for ages 16—20



- ⇒ Looking to learn how to cope with anger or stressors that cause you to be angry at home, in school, or at work?
- ⇒ Do you want to learn more about yourself and how to be mindful of your emotions?

This group could be for you!!!

1 INDEPENDENCE
HILL
FARMINGVILLE, NY
YOUTH BUREAU
2nd FLOOR

MEETS FRIDAYS
@ 3:30 P.M.
DURATION: 1 HR

GROUP FOR
TEENS:
AGES 16-20

Group Breakdown— 7 sessions:

Sessions 1-4: Anger Management
(February 1st, 8th, 15th, & 22nd)

Sessions 5-7: Mindfulness
(March 1st, 8th, & 15th)

For more information & to register
please call: **631-451-3035**



Supervisor Edward P. Romaine

Valerie M. Cartright, District 1 * Michael Loguercio, District 4
Jane Bonner, District 2 Neil Foley, District 5
Kevin LaValle, District 3 Daniel Panico, District 6
Donna Lent, Town Clerk Louis Marcoccia, Receiver of Taxes
Daniel Losquadro, Highway Superintendent
* Youth Bureau Liaison