

The District Heights Family & Youth Services Bureau is hosting a week-long workshop for third component the award-winning Your Life Matters Workshop Series:

**Kindness Matters: An Anger Alternative.**



Participants of this workshop will receive psychoeducation about anger, its impact and pos- sible consequences. Participants will gain knowledge about Kindness (an anger alternative) and ways to incorporate healthier, positive methods for managing anger. During this work- shop, participants will learn recipes that promote healthy eating to improve mood and over- all health.

**Eligible Participants:** Ages 11-18

**Address :** 2000 Marbury Drive, District Heights, MD 20747

**Time:** 10:00AM—3:00PM

**(Lunch will be provided) Dates:** April 15th—19th, 2019

For more information or to participate, please contact the YSB at **(301) 336- 7600** or via email at [**ysb@districtheights.org.**](mailto:ysb@districtheights.org)