



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 possible consequences. Participants will also gain knowledge about Kindness (an anger alternative) and ways to incorporate healthier, positive methods for managing anger. During this workshop, participants will engage in daily workout sessions with a fitness trainer and gain education about healthy eating to improve mood and overall health with a certified nutritionist. This workshop will end on Saturday April 7th with a 3K Fun Run/Walk on the field.

**Eligible Participants:** Ages 11-18

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

**Time:** 10:00AM—3:00PM

**(Lunch will be provided)**

**Dates:** April 2, 2018— April 5, 2018; Saturday April 7, 2018 (3K)

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