

Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University

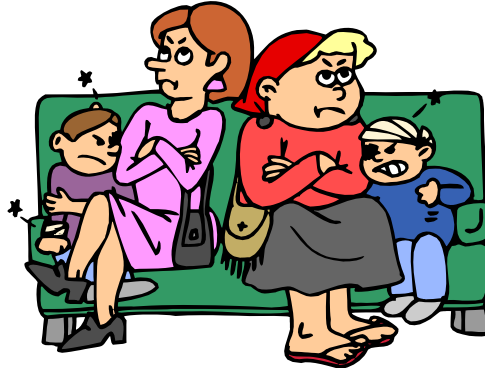
 **VirginiaTech**
College of Agriculture
and Life Sciences



School of Agriculture
Virginia State University

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WHEN FAMILIES GET ANGRY

Anger is a powerful emotion caused by many factors. Everyone experiences anger from time to time, and is either motivated by it to overcome obstacles and achieve goals or to hurt oneself or others. It is one of the most poorly handled emotions in society and affects our home lives immensely.

“When Families Get Angry” is a three session, six hour course, developed to assist parents in understanding and constructively dealing with anger in the home. It will focus on anger between parents, parents and children, and siblings, with recognition of influences from outside forces.

The cost to cover class materials is **\$40.00** per individual or couple. Class registration closes at 1:00 pm on the day of the class. To register for a class, please call us at 703-792-6288, Spanish line 703-792-5940. Advanced registration is required, walk-in registrations are not accepted. A confirmation letter will be mailed a week prior to the class. Upon completion of the class a certificate is awarded. Childcare is not available.

Manassas	Woodbridge
<p><i>Classes are held in the Sudley North Government Building from 7:00 – 9:00 p.m.</i></p> <p>Wednesdays, Jan. 14, 21, & 28, 2009 (SN) Tuesdays, March 17, 24, & 31, 2009 (SN) Wednesdays, May 13, 20, & 27, 2009 (SN)</p>	<p><i>Classes are held in the Ferlazzo (F) or McCoart (Mc), Development Service Bldg (D), Government Building from 7:00 – 9:00 p.m.</i></p> <p>Mondays, Dec. 1, 8, & 15, 2008 (F) Wednesdays, Feb. 11, 18, & 25, 2009 (D) Mondays, April 13, 20, & 27, 2009 (F) Tuesdays, June 16, 23, & 30, 2009 (D)</p>
<p>*Spanish WFGA Class Wednesdays, January 7, 14, & 21, 2009 (SN)</p>	<p>* Spanish WFGA Class Tuesdays, June 16, 23 & 30, 2009 (F)</p>

If you are a person with a disability and desire any assistive devices or other accommodations to participate in this activity, please contact Julie Stiles, VCE, at 703-792-6288 (TDD number is 800-828-1120) during business hours of 9a.m. and 3p.m. to discuss accommodations 5 days prior to the event.

www.ext.vt.edu

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