

# Anger Management

## THE TRIPLE P® WAY (SECONDARY)



Is your youth always angry with something or someone? Is your youth spending too much time brooding and not being able to move forward? Through three progressive webinars, you will gain cumulative skills to develop the foundational principles of nurturing a healthy mindset to cope with problems and equip your youth to gain confidence, competence and resilience to cope with challenges in a positive and healthy manner, instead of letting anger take control of their lives.

Session	Topic	Date
1	Responsible Youth	1 Apr
2	Competent Youth	8 Apr
3	Connected and Engaged Youth	15 Apr

**Saturdays**  
**11.30 am – 12.30 pm**

**FREE**

Fully subsidised by the Ministry of Social & Family Development

### Webinar 1: Responsible Youth

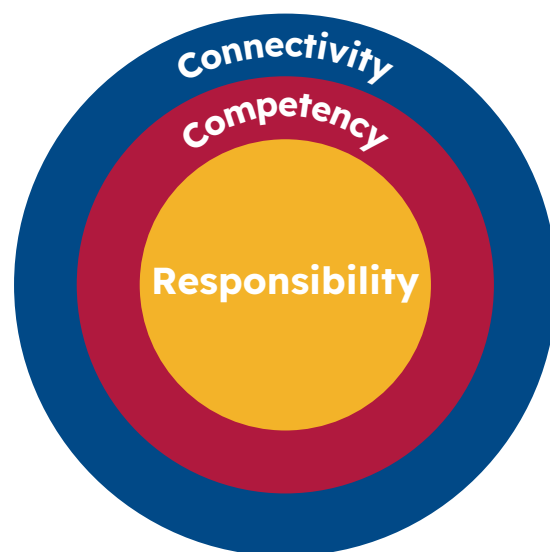
Coaching youth on how to be accountable for managing their lives and making responsible life choices.

### Webinar 2: Competent Youth

Coaching youth on what and how to handle their life issues in socially appropriate and healthy ways.

### Webinar 3: Connected and Engaged Youth

Getting youth to be actively involved in the community and engaged in family decision making as one of the coping mechanisms for managing anger.



Sign up at [morningstar.org.sg/triple-p/l2-sec-run-4](https://morningstar.org.sg/triple-p/l2-sec-run-4)

For enquiries, please contact our Training Officers at [training@morningstar.org.sg](mailto:training@morningstar.org.sg)  
Siti Sarah 8932 4808 | Wish 8717 8685 | Angela 8949 6525 | Zarina 9297 9739

