

Keeping It Cool



Conflict solutions program:
A community response to anger related problems

**For Youth ages
15-18 years**

This 8 week strengths-based program focuses on skill building and conflict solution strategies for youth, participants will explore issues related to anger, self-care, and self-respect.

What is the difference between Keeping Your Cool and Losing Your Cool?

How can I Keep My Cool when feeling angry or disrespected?

The purpose of this program is to create a safe, supportive, and non-blaming space for young people to practice, share, and learn alternate ways of responding to the difficult situations faced in their everyday lives.

When? TBD based on demand.

(Please note: group sessions will run from 4:00 – 6:00 pm on weeks 2-7
Individual session will take place on week 1 & 8)

Where? Eastern Ottawa Resource Centre
1980 Ogilvie Rd., Ottawa, ON K1J 9L3

For more information and for registration:

Keri Tallack
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This program is bilingual