

# Growing Up Male: A group for boys ages 14-17 dealing with anger and other emotions

Northwest Youth & Family Services is offering a ten-session group for boys ages 14-17 who are looking for ways of better managing their emotions.

This group is designed to provide education about dealing with emotions and opportunities to learn and demonstrate skills for coping with those emotions.

## Topics will include:

- Education about anger and other emotions
- Building skills to express emotions in healthy ways
- Learn new skills
- Learn to manage emotions at home, school and the community

**The group will meet for eight weeks at Northwest Youth & Family Services every other Monday night from 6 to 7:30 p.m. beginning March 1 and ending June 7.** You must be willing to attend all sessions. Health insurance will be billed for the group when possible. A sliding-fee payment scale is available for those without insurance. A pre-group interview may be required. A commitment to attend all eight sessions is required.

## Sessions will be held at:

**Northwest Youth  
& Family Services  
3490 Lexington Ave. N.  
Shoreview, MN 55126**

**NYFS Outpatient Mental Health Services offer counseling and support for individuals and families experiencing difficulty with depression, family conflict, marital conflict, divorce, anxiety, behavior disorders, self-esteem, anger, stress, employment issues and difficult life transitions. For more information, please call 651-486-3808 or visit us on the web at [www.nyfs.org](http://www.nyfs.org)**



**To register or for more information,  
call Judy Baldwin at 651-379-3431.  
[www.nyfs.org](http://www.nyfs.org)**