

# Growing Up Male: A group for boys ages 12-16 dealing with anger and other emotions

Northwest Youth & Family Services is offering an eight-session group for boys ages 12-16 who are looking for better ways of 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
- Learning new skills
- Learning to manage emotions at home, school and in the community

**The group will meet for eight sessions at Northwest Youth & Family Services on Thursday nights from 5 to 6:30 p.m. beginning Feb. 23 and ending April 19.** (The class will not meet on March 22.) You must be willing to attend all sessions. Health insurance will be billed for the group when possible. A pre-group interview is required. All registrations must be received by Feb. 9.

## Sessions will be held at:

**Northwest Youth  
& Family Services  
3490 Lexington Ave. N. #205  
Shoreview, MN 55126**

**NYFS Outpatient Mental Health Services offers 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)**