



Juvenile Emotional Management Program

Why Try & Yoga

- Five Weekly Sessions of Parent and Child Group Interactive Emotional Management held at the SHORTSTOP Office for youth ages 10-18 and their parents.
- Youth and parents will be able to identify personal emotional triggers and cope appropriately with feelings of anger or frustration.
- Youth will be more skilled at anticipating the consequences of their actions.
- Youth will have better communication skills with family members and peers.
- Youth will be able to model non-violent communication and conflict resolution for siblings and peers.
- Youth will be involved in fewer disciplinary incidents due to anger or violence.
- Youth and parents will gain positive attitudes towards non-violence.
- All Are Welcome! Total cost for both youth and parent **only \$80!**

WHY TRY

- “Why Try” Adapt the skills education curriculum.
- “Why Try” Allows students to overcome their challenges and improve outcomes in areas of truancy, academics and behavior.
- Why Try is an evidence-based curriculum used in each class that teaches academic, social, and emotional principles to youth in a way they can all understand and remember.

YOGA

- Youth and parents will learn how to utilize yoga exercises to control emotional feelings of anger frustration and the unique effective way to find their inner peace of mind.

Program Schedule:

Wednesdays, 7 p.m. to 9 p.m. (Five weekly classes)

All programs overlap and include educational parenting classes. SESSIONS ARE MANDATORY.

“Take the first step and call us today!”

For more information, call us at **(562) 981-7525.**

Slots will fill up fast, so sign up today!

Location: 3515 Linden Ave Suite #52

Long Beach, CA 90807.

longbeachbarfoundation.org

