

Bay County Division on Aging ~ presents

In service Opportunity for Volunteers, Caregivers and Seniors

Anger/Frustration Management

Presented by Bay Arenac Behavioral Mental Health Geriatric Staff ~ Catherine Taylor

No matter what our gender is or our age, stuff can tick us off...but to what degree do we express our anger/frustration. It is perfectly normal to feel angry when you have been mistreated or wronged. The feeling isn't the problem it is what you do with the feeling that makes a difference. In this session we will go over myths and facts about anger. We will learn techniques and tips on how to get anger and frustration under control and why learning to control the anger is beneficial to your health and well being.

Bring your questions for a Q & A (question & answer) period after the presentation.

Thursday, September 27, 2012

(We will enjoy lunch first)

Location: Riverside Center

800 J. F. Kennedy Drive, Bay City, 48706

Time: 12:00 noon lunch

1:00 - 2:00 p.m. Program

Space is limited so get your registration in early.

\$2.50 suggested donation (60 yrs & better) for lunch

fee of \$4.75 (59 yrs & under)

Main entree: Chicken Parmesan with sauce, spaghetti, blended vegetables, tossed salad with dressing, tropical fruit salad and beverages. or choice of Salad: Chef or Sandwich: Chicken Caesar Wrap.

To make reservations and/or transportation requests call Sandy at (989) 893-7070.

A reservation must be made to attend by calling or filling out the detached section of this form, no later than Monday, September 24, 2012 or until full.



Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicated menu request: entree _____ salad _____ sandwich _____

Senior: Caregiver Participant: Division on Aging Volunteer:

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to sign _____

(Only need one release on file for the year.)

Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Request should be directed to Michael Gray, (989) 895-4130 or 895-4049. In Service Anger Management