

Youth Sessions

With all individuals bringing various experiences to the class, the participants will explore and find “tools” to help identify their anger triggers as well as signs and symptoms. Anger management skills will be presented which provide effective alternatives to destructive patterns. Participants will learn that they can construct win-win situations.

Parent Sessions

Why do the parents also have to attend educational sessions?

M.A.SK. will equip parents with as much information and as many tools as possible so that they can reinforce the curriculum that is presented to the youth. Parents will be able to help their sons and daughters understand and apply what they are learning. The parent sessions will parallel the major topics in the youth sessions and will utilize relevant information and skills related to social and emotional intelligence.

M.A.SK: Managing Anger Skills

M.A.SK. is an educational program designed to teach youth in grades 6th through 12th, skills in identifying and appropriately managing their anger and requires attendance of a parent or guardian. M.A.SK. is educational in content and intent. Students, parents, and referral sources must understand that M.A.SK. is not a treatment program. The instructors are educators, not counselors. Questions and issues that are beyond the scope of this program will be sent back to the referral sources.

Class Sessions

Students and parents attend a series of seven one-hour educational sessions. Students will be placed in an age appropriate group. Three of the sessions are shared sessions and four are student-only and parent-only sessions.

When and where are classes held?

Classes meet on seven consecutive Tuesday evenings at Immanuel Lutheran Church in Downers Grove.

How Participants Register

It is the responsibility of the student to call and complete a phone screening prior to being registered. Students may do this by calling Lori Wrzesinski at the Township of Downers Grove, Division of Human Services office 630-719-6689. Call as soon as possible after being referred to the program. Office hours are from 8:30am to 4:30pm, Monday - Friday.



If it is determined that a youth would not benefit from the program or is in need of additional services, the referral source will be notified. It is not necessary to be referred to the program (parents can request the program). Any youth referred to the program will have a letter sent to the referral source upon completion.

Registrants will be sent a letter with complete information about the times and location of their sessions as well as any information needed for the first session.

*For current class sessions, please contact the Township 630-719-6670 for more information.

student pay the fee

**TOWNSHIP OF
DOWNERS GROVE**

Frank Wurster, Supervisor

**Division of
Human Services**

Lori Wrzesinski, MA
Director of Youth Services

Jason Shiliga
Youth Education Coordinator
Rebecca Adelman
Life Skills Teacher

The M.A.S.K. program was developed utilizing the "Conflict Resolution in the Middle School: A curriculum and Teaching Guide" by William J. Kreidler

**SPECIAL THANKS
TO:**

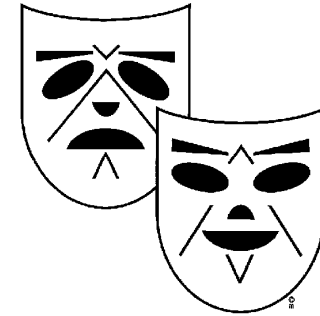
**IMMANUEL
LUTHERAN
CHURCH,
DOWNERS GROVE**

Updated 12/13/11

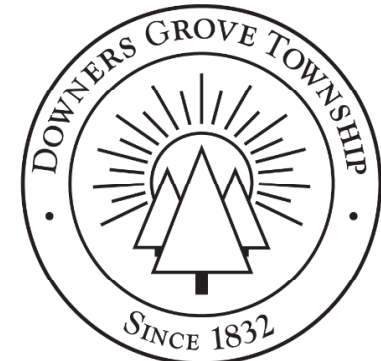
**Township of
Downers Grove**

M.A.S.K.

MANAGING
ANGER
SKILLS



Alternatives for Families
With Angry Youth



Township of Downers Grove
4340 Prince Street
Downers Grove, IL 60515
630-719-6670

* All sessions are on
7consecutive Tuesday evenings
from
7:00 to 8:00 p.m.

* Classes are held at
Immanuel Lutheran Church
5211 Carpenter
Downers Grove 60515

Attendance is mandatory for all
sessions.

Attendance+ Participation =
Success!!

Students and their parents are
required to successfully
complete all portions of the
program.

The fee is \$70.00 for the
program, which is paid at the
first session. Parents are
encouraged to have the