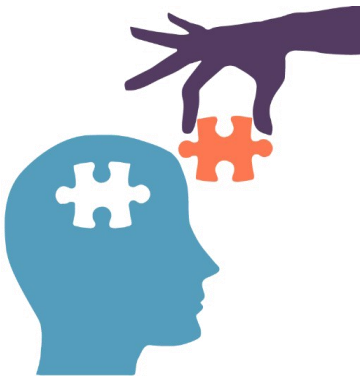


# The Town of Brookhaven Youth Bureau Presents:



## TIPS FOR TEENS: ANGER MANAGEMENT & MINDFULNESS for ages 16—20



- ⇒ Looking to learn how to cope with anger or stressors that cause you to be angry at home, in school, or at work?
- ⇒ Do you want to learn more about yourself and how to be mindful of your emotions?

**This group could be for you!!!**

1 INDEPENDENCE  
HILL  
FARMINGVILLE, NY  
YOUTH BUREAU  
2nd FLOOR

MEETS FRIDAYS  
@ 3:30 P.M.  
DURATION: 1 HR

GROUP FOR  
TEENS:  
AGES 16-20

### Group Breakdown— 7 sessions:

**Sessions 1-4: Anger Management**  
(February 1st, 8th, 15th, & 22nd)

**Sessions 5-7: Mindfulness**  
(March 1st, 8th, & 15th)

For more information & to register  
please call: **631-451-3035**



### Supervisor Edward P. Romaine

Valerie M. Cartright, District 1 \* Michael Loguercio, District 4  
Jane Bonner, District 2 Neil Foley, District 5  
Kevin LaValle, District 3 Daniel Panico, District 6  
Donna Lent, Town Clerk Louis Marcoccia, Receiver of Taxes  
Daniel Losquadro, Highway Superintendent  
\* Youth Bureau Liaison