



## TOWN OF BROOKHAVEN YOUTH BUREAU

### **FREE Upcoming Fall 2018 Programs**

*Free support and educational groups offered to all Town of Brookhaven residents ages 12 – 21 years old and their families.*

**Stress Management-** Learn to examine your thoughts about your stressors and gain techniques to minimize the stressors experienced in a typical day. Ages 15 – 18 years old.

**Anger Management-** Examine triggers of anger, learn to change how you look at situations, and develop healthy ways to express anger and frustration. Ages 14 – 21 years old.

**Girl's Support Group-** Learn how to express thoughts, feelings, and needs in positive ways. Resolve problems and conflicts through healthy communication skills. Discuss current trends and stressors. Ages 12 – 16 years old.

**Parenting Workshops-** Come discuss the challenges of parenting teens in these ever changing times. Learn more about the adolescent mind and how it affects their behavior.

*For more information or to sign-up, please contact the Youth Bureau at (631) 451-8011.*



### **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

### **Stress Management Group**

October 4, 11, 18, 25

2:30 pm - 3:30 pm



### **Anger Management Group**

October 5, 12, 19, 26

3:30 pm - 4:30 pm



### **Girl's Support Group**

October 2, 9, 16, 23, 30

3:30 pm - 4:30 pm



### **Parenting Workshops**

October 1, 15, 22, 29

3:30 pm - 4:30 pm



**Brookhaven Town Hall  
Youth Bureau, 2<sup>nd</sup> floor  
1 Independence Hill  
Farmingville, New York 11738**

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