

Schaumburg Parent University



SPU Presents...

“Mad isn’t bad!”

Who: Dr. Felix Casados

Private Practitioner – children, adolescents, adults, and families

When: Monday, January 23, 2012; 6:30-7:30p.m.

Where: Schaumburg School District Office

(524 E. Schaumburg Rd.)

Do you or your child need to develop anger management skills for personal growth and/or to enhance your relationships? Perhaps anger is interfering with your child’s academic performance? In this seminar, participants will learn about the different types of anger and that anger is not necessarily a bad thing. In fact, anger actually has a purpose and can be helpful if used correctly. Participants will also learn anger reduction techniques, as well as the rules of “fair fighting”. Finally, we will discuss how to reduce the inappropriate expression of anger in children, how to diffuse conflict, and how to use strategies to reduce tension at home and at school.



****This class will be presented in English!****

There will be childcare available and a gift card drawing!

You can register for this class at SPU@sd54.org, or by calling Meg Kwak (847) 357-5534 or Brigid Janiak (847) 357-2073