

Managing Emotions

Sponsored by Saint Francis Community Services

Services: This program focuses on helping teens/preteens think before they act. This program will teach them that anger is a normal, human emotion. It is intense. Everyone gets angry and has a right to his/her anger. The trick is managing anger effectively so that it will mobilize you in positive directions.

It's not the situation...
It's your reaction
to the situation.

This program focuses on helping teens/preteens understand how peer and family pressures, attitudes, and unresolved emotions can lead to poor anger management. The program will keep the attention of the group through related stories in conjunction with interactive activities, worksheets, personal scenarios, and movies from which the group can learn key concepts.

Community Collaboration and Referral Sources: In addition to self-referrals, the Managing Emotions program receives referrals and case management assistance from a variety of community partners including Social Rehabilitation Services (SRS), Community Corrections, Law Enforcement, Court Services, JIACs, schools, mental health providers, health departments, churches, families, and other county resources.



Design of Practice: The program utilizes family systems of care in their approach to the delivery of services. SFCS believes that each individual and family is part of a greater system that helps support and guide them. Emphasis on finding the strengths and assets of the individual and family are a guiding principal in the services provided. Utilizing the family systems of care in service delivery provides a wrap around approach for the children and families. This wrap around approach can include extended family members for support, community based programs, faith based programs and other identified services that would help the individual or family achieve their desired goals.

Geographic Area Covered: Reno, Rice, Harvey, McPherson, Kingman, Harper and Sumner Counties.

Service Hours: 8 am – 5 pm Weekdays (Evenings and Saturdays optional based on need).

Duration of Services: An 8 week program that meets once a week for 1.5 hrs.

Risk Factors of Services: Family anger management problems; Friends who engage in problem behaviors; Early on-set of aggression/violence; Life stressors.

Protective Factors for Services: Safe and caring environment; Positive pro-social relationships with family members and other adults in the community; Healthy beliefs and clear standards for behaviors.

If things go wrong...
don't go with them.