

FREE for Students and
Parents of Southern Kern
Unified School District

FREE Anger Management
group for Teenagers ages
12-18 years.

FREE Anger Regression
Training (A.R.T) for parents

The group is introduced by
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AGGRESSION REPLACEMENT TRAINING

4 Primary Traits that Characterize Aggressive Youth:

Verbal and Physical Aggression

Skill Deficiency

Immaturity

Withdrawal

These attributes often co-occur in the aggressive adolescent as well as in the passive-aggressive adolescent.

The A.R.T. Program consists of 3 components:

Social Skills

Anger Control Training

Moral Reasoning



Triple P (Positive Parenting Program)

Triple P Positive Parenting Program is based on evidence from clinical research. It's practical strategies have been trialed and tested for over 30 years. Parents learn 16 strategies to create a positive learning environment; Improve communication about parenting; Reduce your parental stress associated with adolescents/children. A workbook is included.

There are two different Triple P Programs:

** Triple P Positive Parenting Program for parents who have children aged 2-11 years old.

** Triple P Positive Parenting Program for parents who have children aged 12-18 years old.

Call the group facilitator Heather L. Conklin (661) 256-5060