



RELAX Online Series

DATES:

Four sessions-
Thursdays 10-11 am
Jan 14, 21, 28 and
February 4

LOCATION:

On-line via Zoom
Participants will receive
email prior to first session
that will provide Zoom link
and series paperwork.

COST: Free

REGISTER On-Line:

[https://
events.anr.msu.edu/
OnlineRELAXJanFeb20
21JKT/](https://events.anr.msu.edu/OnlineRELAXJanFeb2021JKT/)

Presenters:

Jacqui Rabine
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RELAX: Alternatives to Anger helps teens, adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem solving skills needed for healthy relationships.

Participants will learn:

- What anger is
- What triggers anger
- Calming down and de-stressing methods
- Problem solving
- Effective communication skills
- Forgiving and letting go of the past

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MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

To find your local county office visit msue.msu.edu/county.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu

Upcoming classes

To register call Jacqui Rabine (248) 930-4125

Stressless with Mindfulness

February 8-12 noon to 1 pm register for 1 or all classes

Feb 8—Mindful breathing

Feb 9—Mindful Eating

Feb 10—Mindful Walking

Feb 11—Be Kind to your Mind


Feb 12—Mindful Laughter


Presented in conjunction with




**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

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 **810-985-8900**

 **www.scccmh.org**

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