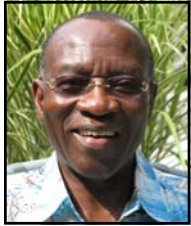


ABOUT US...



Victor Bayo Jegede, Ph.D.



Bayo recently obtained his M.A. in Counseling at Biblical Seminary in Hatfield, Pennsylvania. Bayo came to The Peacemaker Center after having spent over 20 years as an executive in the

biopharmaceutical industry. He is originally from Nigeria and has a Ph.D. in Biological Sciences. Bayo's corporate experience exposed him to a number of situations where he learned conflict resolution, anger management skills and developed the ability to coach those he supervised. In the past 18 months he has worked with a number of teenagers with anger management issues. He resides in Exton with his wife, Penny. They have two married children and two grandchildren.



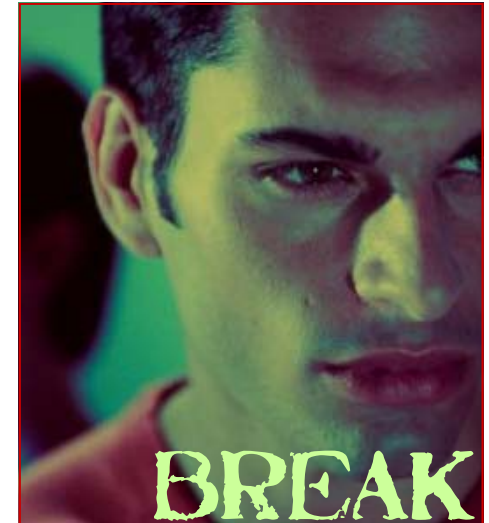
Scott Edwards, M.Div., M.A.



Scott has his Masters of Arts in Counseling and Divinity. Scott works full time as a team leader for Delaware Hospice helping individuals and families coping with life threatening illnesses. He has worked at The Peacemaker Center since Fall of 2006. He has led groups and camps for teens who have lost parents early in life. Scott has also worked as a youth pastor and is interested in helping students find their identity, build confidence and manage their emotions. Scott also works one on one with students struggling in their teen years.

THE
Peacemaker
C E N T E R
103 GARRIS ROAD
DOWNTOWN, PA 19335

LIFE SKILLS TRAINING SERIES



THE CYCLE OF ANGER



THE PROBLEM

Many teens struggle with **identifying and expressing a range of emotions.** **ANGER** is often the only emotion that is shown.



THE OBJECTIVES

At the conclusion of the program, participants will have a better understanding of themselves, their **EMOTIONS** and why they react the way they do. They will have had opportunity to practice anger management skills in the group, at school and in their homes. They will gain confidence in expressing themselves without the use of violence.



Class Schedule: By appointment only

Cost: \$25.00 per session or \$300.00 for the entire 12 weeks.

Group size: Minimum of 6 participants and a maximum of 10 per group. Space is limited.

THE PROGRAM

This program is designed to help adolescent guys identify a wide range of emotions and demonstrate them effectively. The group process will facilitate building healthy self esteem and relationships to help insulate against substance abuse and harmful anger. Classes include the following topics:

- Recognition of anger
- Recognize emotions such as **loneliness, sadness** and **grief** as an underlying effect of managing anger
- Understand expressions of anger as **choices**
- Identify internal sources of anger
- Understanding **need for control** of situations
- Identify **lies** that feed into anger
- Manage emotions by consistent **lifestyle habits**
- Develop a **positive sense of self** that is independent of others behaviors
- Learn **healthy alternatives** to defensive postures
- **Relate to others** as equals, neither elevating yourself above them nor accepting a position of inferiority
- Become **emotionally responsible** young adults
- Develop effective **conflict resolution skills**



**103 GARRIS ROAD
DOWNTOWN, PA 19335
www.thepeacemakercenter.org
PHONE: 610-269-2661
FAX: 610-269-7562**

BREAK THE CYCLE OF ANGER

REGISTRATION FORM

Sign up for:	Qty	Price
<input type="checkbox"/> Group sessions @ \$25 per session _____		\$25/session
<input type="checkbox"/> Full Group Experience (12 sessions) _____		\$300
<input type="checkbox"/> Gift Certificate _____		\$ _____
<input type="checkbox"/> Scholarship (school or church) _____		\$ _____
<input type="checkbox"/> Individual Follow-up Session _____		\$85/Session
<input type="checkbox"/> Post Session Family Consultation _____		\$85/Session
	Subtotal:	_____
	Tax:	_____
	Total:	_____

Name _____

Address _____

Home Phone _____ Cell Phone _____

Email Address _____

Method of Payment

Check # _____

Cash

Visa

MasterCard

Scholarship from: _____

Credit Card # _____ Exp. date _____

Signature _____

