

BRIDGES

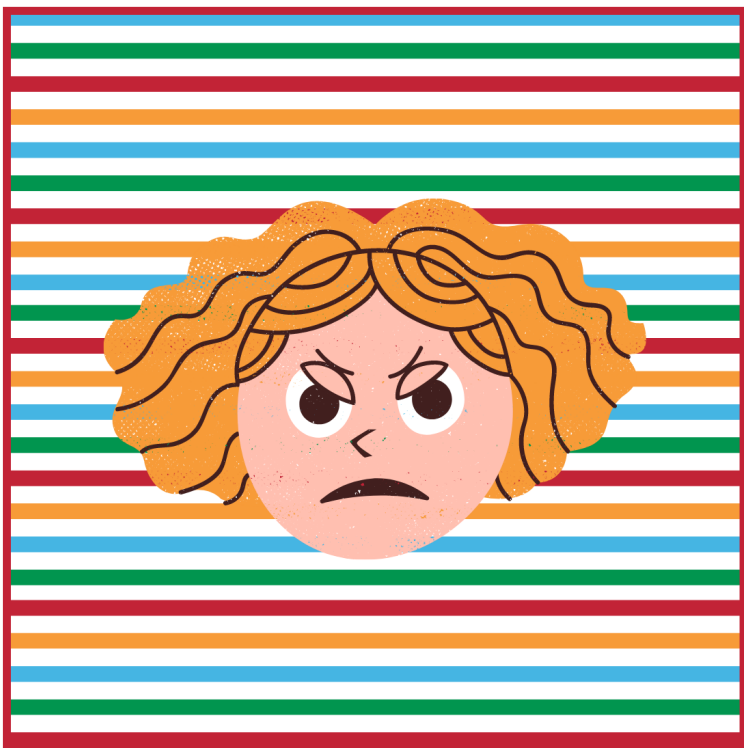
TEENS

MAY 25 - 29, 2021



WEEKLY NEWSLETTER

HERE'S WHAT'S AHEAD FOR TEENS THIS WEEK



WHAT TO DO WHEN YOU'RE ANGRY!

This week we are talking about anger! Everyone has it, but how do we express it? Do we yell and kick and scream? Sometimes. Should we? No, probably not. Throughout the week we will be exploring different alternatives to expressing our anger at situations, including ways to calm down after we are angry.

HAPPY GILMORE

We will also be using the movie Happy Gilmore to model ways that people are expected and unexpected when they are angry. Just like Happy, we often find ourselves in unexpected or uncomfortable situations. Unlike Happy, we can't just yell and scream our way to the top. During the movie, we will be exploring the different

ways Happy is expected vs unexpected, what we could do to be more expected in situations and what we would do if we were as angry as he was.

Please note that there will be no social skills program on Monday, May 24th due to the holiday!

**CONNECT
WITH US**

Let us know if you have any questions or concerns.
We're all looking forward to the new week ahead !

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