

Family Center for Children and Youth with Special Health Care Needs

## Parent Connect Call

Conversations with parents of children with special needs!

**MICHIGAN STATE**  
UNIVERSITY | Extension

## RELAX: Alternatives to Anger for Parents and Caregivers

The Family Center is excited to have Holly Tiret joining our call discussing RELAX: Alternatives to Anger for Parents and Caregivers.

RELAX: Alternatives to Anger for Parents and Caregivers is a workshop to help adults support young children's development of self-control and dealing with strong emotions. Participants will learn about anger triggers for adults and children and explore ways to calm down.

Wednesday, September 1, 2021 at 4:00 pm EST.  
Microsoft Teams

Register on Eventbrite:

<https://www.eventbrite.com/e/parent-connect-call-relax-tickets-163914965073>

Contact us with questions at 517-241-7630



**Connecting families. Sharing resources. Instilling hope.**