

# JAM

## The Juvenile Anger Management Program, “Why Try?” & Yoga. *It works!*



"Helping youth stop short of crime."

- Eight Weekly Sessions held at LBBF Office for youth ages 10-18
- Eight Weekly parenting sessions offered in conjunction with JAM
- Youth will be able to identify personal anger triggers;
- Youth will be able to cope appropriately with feelings of anger or frustration;
- Youth will be more skilled at anticipating the consequences of their actions;
- Youth will have better communication skills with family members and peers;
- Youth will be able to model non-violent communication and conflict resolution for siblings and peers;
- Youth will be involved in fewer disciplinary incidents due to anger or violence;
- Youth will gain positive attitudes towards non-violence; and
- All Are Welcome! Total cost for both youth and parent **only \$80!**

### “WHY TRY?”

- “Why Try?” is a resilience education curriculum
- “Why Try?” allows students to overcome their challenges and improve outcomes in areas of truancy, academics and behavior.
- “Why Try?” is an evidence-based curriculum used in each class that teaches academic, social, and emotional principles to youth in a way they can all understand and remember.

### YOGA

- Youth will utilize yoga exercises as a unique, effective way to find their inner peace of mind.
- Classes instructed by licensed yoga professionals with experience working with young men and women from all backgrounds and persuasions.

**Program Times: 7 p.m. to 9 p.m.**

**Dates: April 12-May 31, July 12-Aug. 30, Oct. 4-Nov. 22 (8 sessions)**

**All programs overlap and include educational parenting classes.**

For more information, call us at (562) 981-7525,  
Location: 3515 Linden Ave. Long Beach, CA. 90807.

**Slots will fill up fast, so sign up today!**

**“We wanna JAM it with YOU, so Why not give us a Try?”**