



MENTAL HEALTH ASSOCIATION
FIND WELLNESS

TemperTamers

*A five-week anger management workshop for elementary school children
and their caregivers/parents*



TemperTamers teaches children how to respond when they're angry, so they don't get into trouble by hurting people or destroying things. Children who can successfully harness their emotions are likely to develop positive self-images and increased self-esteem.

Note: This program is limited to children in the 2nd, 3rd, 4th, and 5th grades. For the full benefit, caregivers/parents must attend the workshops with their children.

Spring and fall every year

Mental Health Association
320 North Goodman Street
Rochester NY 14607

TemperTamers is a program created by
Kathryn Pearson, MS, Licensed Psychologist,
and published by IEP Resources.

Attendance at all 5 sessions is
required for a certificate.

To register, call
585.325.3145 x126

